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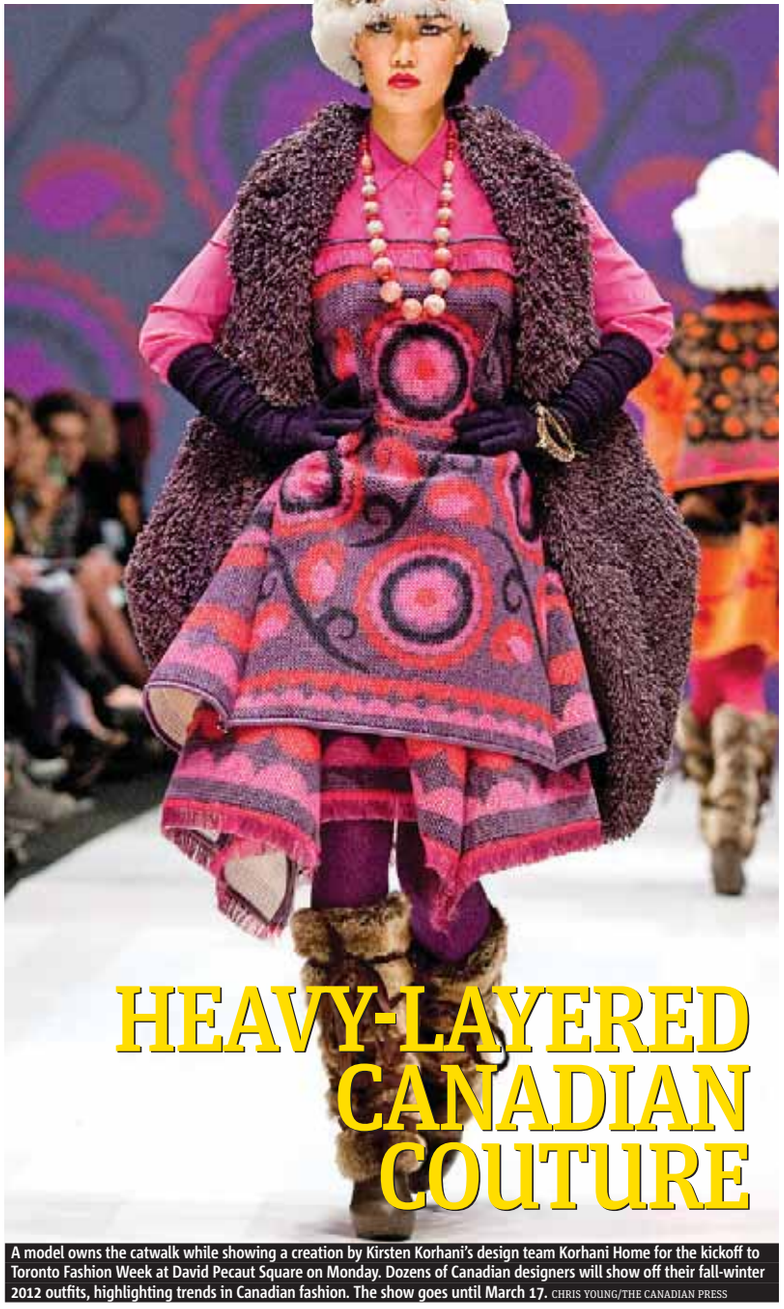

HEAVY-LAYERED CANADIAN COUTURE

A model owns the catwalk while showing a creation by Kirsten Korhani's design team Korhani Home for the kickoff to Toronto Fashion Week at David Pecaut Square on Monday. Dozens of Canadian designers will show off their fall-winter 2012 outfits, highlighting trends in Canadian fashion. The show goes until March 17. CHRIS YOUNG/THE CANADIAN PRESS

Spiritual trip turns ugly for T.O. couple

Ecuador. Canada's foreign affairs department confirms it's providing assistance after reports a Canadian citizen was assaulted

They had gone to Ecuador to find peace, rejuvenation and spiritual healing. Instead, a Toronto couple was taken hostage by a gun-wielding gang in a perplexing robbery that has left officials in both countries tight-lipped.

Stephen Aube, a 40-year-old self-described spiritual healer, and his wife, Laura Milcawich, left their Toronto home three weeks ago for Vilcabamba, a village near the southern city of Loja. Aube was leading spiritual workshops from the popular meditation destination, known as the Valley of Longevity.

But on Thursday, during a walk through the mountainside, Aube and Milcawich were approached by a group of men reportedly armed with guns and machetes.

What followed was a terrifying attack that has left Milcawich recovering in an Ecuador hospital and relatives anxious and angry. Key details about the shocking ordeal remain unknown and officials in Canada and Ecuador are releasing little information.

According to Rachel Aube, Stephen's sister, the men first forced the couple to take off their shoes and hand over their wallets and other belongings. They then demanded, at gunpoint, that Aube leave and return with $3,000 in cash.

Alone and held hostage, Milcawich then made a desperate attempt to escape.

"She jumped off the mountainside to get away," said a distraught Rachel Aube, reached at her home in Victoria. "She jumped off a 50-foot mountain."

Milcawich was later rescued, though it's not known who found her or the extent of her injuries. She is in a private hospital, her room protected by armed guards, Rachel Aube said.

Stephen Aube and his wife Laura Milcawich. FACEBOOK.COM

Following the attack, Stephen Aube — who is not staying at the hospital but in a nearby hotel — posted a cryptic missive on his Facebook page, reporting that Milcawich will be in hospital for a couple of months following "an accident."

"The government is taking great care of us. We will be in touch soon," Aube wrote Sunday morning.

When contacted for further information by the Toronto Star Monday, Aube said, "We're being treated OK right now" but declined further comment.

TORSTAR NEWS SERVICE

Get that bigotry checked out

An Oxford University study has found a pill that seems to reduce subconsciously racist behaviour

PAGE 31

Can Rob Ford be ousted?

A constitutional lawyer, working with a Toronto resident, has launched a Superior Court application to remove the mayor PAGE 3

Cures for the broken-hearted

Make a playlist, stop creeping your ex on Facebook and surround yourself with friends — these and other ways to get over a breakup PAGE 29

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Experts look at potential ouster of Mayor Ford

Embattled mayor. An application in Superior Court to remove Rob Ford spells trouble for the mayor

A respected constitutional lawyer and a politically active Toronto resident have launched Superior Court proceedings that could oust Mayor Rob Ford from office and ban him from running in the next election.

The pair accused the mayor of violating the Municipal Conflict of Interest Act for financial gain.

Lawyer Clayton Ruby alleges Ford breached the act in February when he asked council to remove a year-and-a-half-old sanction placed upon him by the city's integrity commissioner. Ford had been ordered to repay $3,150 worth of donations to his football foundation he solicited using councillor letterhead.

Deputy Mayor Doug Holyday questioned whether the integrity commissioner was looking at all councillors who take money to spend in their communities.

If a judge agrees with Ruby, the penalty is mandatory removal from office and up to a seven-year ban and restitution.

"That act is really strict. And it's really strict for good reason," Ruby said Monday. "It's because if you don't catch conflict of interest (on) the small things — and this is not that small — there's a real danger that you will in fact encourage corruption on a wider scale."

It's a case that has legal and political minds across the province buzzing with the question: Would a judge really remove the mayor of Toronto over a few thousand dollars?

"Politically would a judge want to do that? Probably not. But again, it's your classic 'does the law apply to everybody?'" said Ryerson University Prof. Mitchell Kosny.

Peter Rosenthal, who frequently takes on pro bono cases on a matter of public interest, said: "In my view, when there's a case that's as clear as this one, it should be made — even if political or other considerations might lead to a judge not granting the application — not only as a warning to others but as a warning to Mr. Ford."

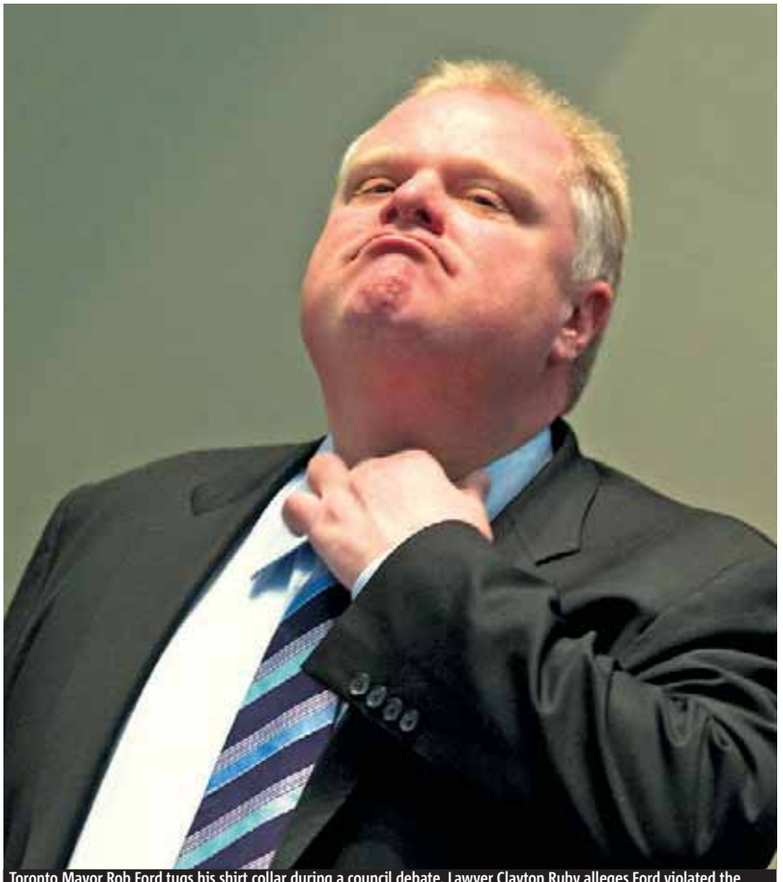
Speaking not specifically on this case, municipal lawyer Freya Kristjanson said: "I firmly believe that it doesn't matter if it's a mayor or someone else. The law is the law and it applies to everybody."

This case would not be precedent-setting. A former Thunder Bay councillor was not to run for office for four years after he was found guilty of a conflict of interest involving a real-estate deal worth $5,790 in December 2010.

TORSTAR NEWS SERVICE

'Agitate'

"There seems to be a hardcore group of people who oppose the mayor who will go to any lengths to agitate him, and I guess this is just another example."
Deputy Mayor Doug Holyday



Toronto Mayor Rob Ford tugs his shirt collar during a council debate. Lawyer Clayton Ruby alleges Ford violated the Municipal Conflict of Interest Act. If a judge agrees, the penalty is mandatory removal from office. BERNARD WEIL/TORSTAR NEWS SERVICE

Speaking with lawyers

- **Courts.** A number of prominent municipal lawyers contacted could not comment on the case, because they are acting on behalf of the City of Toronto on other items or currently have similar cases before the courts.
- **Strong case.** Speaking on background after reviewing lawyer Clayton Ruby's application, several concluded that the case against the mayor is legally strong. There are exceptions in the act, which Ford could argue, such as the "interest" (money) in question is "so remote or insignificant" that it would not impact an official's position.

1
NEWS

On the web

Wi-Fi art thou

Homeless people as Wi-Fi hotspots? While some call the idea tested at SXSW on Monday empowering, others say it's plain old degrading. Get the full story at metronews.ca/video

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Airport security

'Aggressive' man tasered by police at Pearson

Two Peel police officers suffered minor injuries today during the arrest of an "aggressive" suspect who was tasered at Pearson airport.

A police spokesperson said airport security called police and when the officers arrived one of them was attacked. THE CANADIAN PRESS

Nurse guidelines

RNAO calls for limits on use of restraints

The Registered Nurses' Association of Ontario has released new guidelines aimed at minimizing the use of patient restraints in such settings as psychiatric hospitals and long-term care homes.

THE CANADIAN PRESS

Property

Corus property sells for $186 million

The lakeside office property that is headquarters for Corus Entertainment Inc. has been sold for $186 million to H&R Real Estate Investment Trust. The media company will continue to be the main tenant at Corus Quay.

THE CANADIAN PRESS

Local food

Real estate mogul enters the city's 'Burger War'

Shane Baghai, a real estate developer who lives in the exclusive Bridle Path neighbourhood and whose clients include celebrities such as Gordon Lightfoot and Prince, made an unlikely decision for an affluent city slicker: He started raising his own cattle.

Shane Baghai TORSTAR NEWS SERVICE

Now the man, who started a multi-million-dollar empire selling luxury homes in 1976 and then dominated the high-end condo market in the '90s, wants to share his livestock with the entire city, charging into Toronto's so-called Burger War.

In an interview on Monday, Baghai revealed his ambitious plans to launch new restaurants in the GTA within the year. The first location will be in the Bayview Avenue and Sheppard Avenue East area, where his company owns condo properties with retail space.

A second location will open downtown with a third going up near Caledon and Erin, Ont., where Baghai's Paradise Farms is based.

"I'm an advocate of local food because it's ridiculous that we import 54 per cent of our produce in Ontario," says Baghai. TORSTAR NEWS SERVICE

TTC to appoint Byford as new chief general manager

TTC Chief Operating Officer and Deputy Chief General Manager Andy Byford will be officially named the TTC's new chief general manager. TARA WALTON/TORSTAR NEWS SERVICE

Transit. Veteran of London Underground and TTC deputy chief GM to fill position of fired TTC head Gary Webster

He's already doing the job. Now the Toronto Transit Commission is about to officially name Andy Byford the TTC's new chief general manager.

Byford, a veteran of the London Underground, who arrived at the TTC via Sydney in November, will earn $303,885.40 annually.

He replaces fired TTC head Gary Webster, who was politically ousted in February by city councillors on the TTC board loyal to Mayor Rob Ford, after Webster refused to build a case for a subway extension on Sheppard.

TTC chair Karen Stintz informed the new TTC board on Monday that an executive search to replace Webster would likely be a waste of time and money.

It would cost between $100,000 and $150,000 and probably determine that Byford is still the best candidate.

The previous transit commission wanted to appoint Byford to the position on an interim basis the day Webster was fired. But Byford's work permit, which specified his position as chief operating officer, required his contract be revised in order for his title to be changed.

The new employment agreement does not have an end date but does have a similar exit provision to that which provides a generous pay-out to Webster, who was terminated without cause, according to Toronto Star sources.

Byford has quickly impressed transit watchers by stepping up to answer difficult questions only days after taking on the top job last month.

He was on the scene when a TTC collector was shot Feb. 26 and he showed up to hasten the restoration of service on the Yonge subway line after it was flooded by Union Station construction the following weekend.

TORSTAR NEWS SERVICE

Conservation

Salamander migration leads to road closure

The wooden A-frame road block on a winding stretch of road in Burlington should come with a notice: it's for the salamanders.

The slithery brown-grey amphibians, officially called Jefferson salamanders and found only in Southern Ontario, now have their own protected one-kilometre path.

The salamander crossing runs along King Road north of the QEW and south of Mountain Brow Road, up from the Niagara Escarpment.

It's the first time the road has been closed to cars and pedestrians to accommodate the endangered species, which slink across to lay eggs in the shallow forest pools formed by spring run-off in Waterdown Woods.

Normally, breeding occurs in late March or April, when temperatures climb into the teens and rain falls at night. But due to the mild winter and recent springlike weather, it's happening sooner, said Lesley Matich, a conservationist with Conservation Halton.

The closure began March 8 and is expected to last until March 29.

TORSTAR NEWS SERVICE

Opossums stake place among city's trash scavengers

Opossum facts

- Opossums can reach the size of a large house cat and are often confused with rats given their bare, scaly tail and long, whiskery snouts.
- When provoked, the animal "plays opossum," a passive defensive tactic where they drop to the ground, open their mouths to bare their teeth, and essentially play dead.

Move over, city raccoon. There's a new trash-loving scavenger in town.

Decades after the opossum first wandered north of the border in search of warm weather and garbage aplenty, the furry, long-snouted creature has become somewhat of a fixture in Toronto's animal kingdom.

Known for their nocturnal scavenging for anything from road kill to garbage to fruits and seeds, the animals share many similarities with nuisance-prone raccoons.

The number of opossums living in the GTA is not known. But anecdotally, more and more of the animals — the only marsupials, pouched mammals, in North America — have been spotted across the region in recent years, according to Toronto Animal Services supervisor Mary Lou Leiher.

Believed to have originated in South America, the opossum began to move northward through the United States in the 1950s — a movement largely motivated by climate change, according to Jeff Bowman, a research scientist with the Ministry of Natural Resources.

"It's pretty clear based on data from opossum studies that they would expand to the north with a warming climate," Bowman said, noting they will likely continue to trek further northward.

Though much of the year proves habitable for the GTA's opossum population, the whims of Mother Nature often prove nasty for the bare-tailed beast, unable to adapt to frigid temperature drops in winter months. Toronto Wildlife Centre says it treats dozens of opossums a year for frostbite.

TORSTAR NEWS SERVICE

A baby opossum pokes its head from out of a blanket at the Toronto Wildlife Centre. CHARLA JONES/TORSTAR NEWS SERVICE

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T.O. man's execution may be imminent

Iran. Suspension of death sentence lifted; could be carried out at any time

For Iran's political prisoners the shadow of death is very real. But for Canadian Hamid Ghassemi-Shall, its presence has never been more threatening.

The Toronto shoe salesman has been on death row on espionage charges since January 2009, but his lawyer was told authorities saw "no reason to carry out the sentence."

Last weekend his wife, Antonella Mega, got word from Iran that the suspension was revoked, and he was eligible for execution by hanging at any time.

"It was like a slap in the face," said Mega. "We thought there would be time to fight this. A judge had reviewed Hamid's case and said he believed him innocent. He said he was interested in reopening the case."

After apparent political pressure on the court, hope for an appeal was stifled.

"We've been living with this fear for so long, I don't know how we can go on," said Mega, a Toronto computer expert. "Now the situation is really desperate."

Ghassemi-Shall, 43, emigrated from Iran after the 1979 Islamic revolution that put the clerical regime in power.

A Canadian citizen, he had made previous trips to visit his family without incident. But on a visit to his bereaved mother in 2008 he was seized and detained, and later charged with espionage. He was put in solitary confinement in a coffin-like cell in Tehran's brutal Evin Prison, and in 2009 sentenced to death after a trial in which he could not defend himself.

TORSTAR NEWS SERVICE

Hamid Ghassemi-Shall, right, visits his mother in Tehran with his brother, Alborz. The Iranian-born Canadian was sentenced to death in November 2009. His Toronto wife is fighting for his release. HANDOUT

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Study. Those prescribed strong painkillers more likely to become users

Patients who are prescribed powerful painkillers within a week of relatively minor surgery are 44 per cent more likely to become chronic users, says a new study out of Toronto.

The study, published Monday in the Archives of Internal Medicine, raises questions about why patients are given such strong drugs in the first place and whether they are being adequately monitored and weaned off the medication.

"It's surprising and disconcerting," said lead researcher Dr. Chaim Bell, adding that the findings raise a concern that patients are becoming dependent on morphine-like drugs they never needed in the first place.

Researchers from St. Michael's Hospital examined data for 391,139 patients who underwent short-stay surgery between 1997 and 2008.

Findings

Researchers concluded those prescribed opioids shortly after surgery are 44 per cent more likely than those who received no prescriptions to become chronic users.

Within a week of being discharged from hospital, 27,636 of these patients — or 7.1 per cent — were prescribed opioids. Researchers then looked at the same group of patients to see how many were being prescribed opioids a year later. They found that a slightly higher number were getting the drugs — 30,145 patients or 7.7 per cent.

TORSTAR NEWS SERVICE

Health. Ontario develops provincewide strategy for OxyContin withdrawal

The government has devised a provincewide plan on how to wean Ontario off OxyContin, after weeks of criticism for not being prepared to handle mass withdrawals.

The hidden horrors of opioid painkiller addictions have come to the forefront now that OxyContin is no longer being distributed in the Canadian market. The drug's maker, Purdue Pharma, has created a newer formulation called OxyNEO, a tablet that they say is harder to crush and abuse.

In a bulletin released late Monday, Health Minister Deb Matthews detailed the strategy, which includes developing set OxyContin withdrawal and treatment guidelines with the Centre for Addiction and Mental Health.

The ministry will work with the College of Physicians and Surgeons of Ontario to monitor methadone programs and identify communities that need more resources. Alternative withdrawal treatments such as Suboxone will also be made available.

Hospitals will also play a role. Emergency department visits will be watched to see if there is an increase in the number of patients suffering withdrawals.

Deb Matthews says the strategy includes developing withdrawal and treatment guidelines. PAWEL DWULIT/THE CANADIAN PRESS FILE

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Crime bill passes. Tories plan to 'space out' new measures in Bill C-10

The Conservative government that rushed to pass a massive crime bill by curtailing debate in the House of Commons and Senate now says it will take its time making the new measures a reality on the street.

Prime Minister Stephen Harper's majority easily passed Bill C-10 on Monday evening by a vote of 154-129, sweeping aside a procedural delay by the NDP that stalled the bill's curtain call for five days.

The legislation, which includes nine separate bills, goes briefly back to the Senate and could get royal assent as early as Tuesday — meeting Harper's campaign promise last spring to pass the bill within 100 sitting days of a new parliament.

Working the changes through the justice system will take considerably longer.

"We're going to space out a number of them out," Justice Minister Rob Nicholson said outside the Commons before the final vote Monday.

The bill increases sentences for drug and sex offences, reduces the use of conditional sentences such as house arrest, provides harsher penalties on young offenders, makes it more difficult to get a pardon, gives crime victims more say in parole hearings and allows victims of terrorism to sue.

THE CANADIAN PRESS

Canada too dangerous

Cheney cancels Toronto gig

Former U.S. vice-president Dick Cheney has cancelled a Toronto engagement due to security concerns, apparently as a result of protests at his appearance in B.C. last fall. THE CANADIAN PRESS

Power failures

B.C. wind storm wreaks havoc

Powerful winds lashed coastal B.C. on Monday, leaving more than 100,000 people without power, cancelling ferries and keeping students home from school.

THE CANADIAN PRESS

Ontario bets on overhaul of gambling industry

Wild card. Province hopes plan to 'modernize' lotteries and casinos will bring in $1.3B a year

Cash-strapped Ontario is placing its bets on a plan to boost gambling revenues that would see a new casino in the Toronto area and lottery tickets sold online and at the local Wal-mart within five years.

The province, struggling with a $16-billion deficit this year, gave the green light on Monday to the Ontario Lottery and Gaming Corp.'s plan to "modernize" gambling and add $1.3 billion a year to provincial coffers.

The Crown corporation plans to sell lottery tickets over the Internet and at checkout lanes in grocery and big-box stores, rather than a single customer-service station, OLG chairman Paul Godfrey said.

"Lottery tickets could be in drugstores, multilane stores — the Wal-marts, the Costcos of the world," he said.

Lottery terminals, which are also found in many convenience stores, could even be used to sell phone cards, gift cards and iTunes products, the OLG said.

OLG will also close or relocate "underperforming" gaming centres in favour of opening new ones closer to potential customers, including Toronto, and expand slots beyond racetracks.

On the chopping block is a revenue-sharing agreement with racetracks that gives them a cut of the slot profits, amounting to $345 million a year. The horse-racing industry has warned the move will put thousands of people out of work.

Ontario needs to modernize gambling because offshore gaming websites and plummeting U.S. traffic are taking a bite out of OLG revenues, almost $2 billion of which goes to the province each year, Godfrey said.

OLG says profits from gaming centres near the U.S. border have dropped to $100 million from $800 million over the past decade. And lottery-ticket sales are beginning to plateau, largely because of a decline in players under the age of 45.

It says the new measures will bring in an extra $4.6 billion over six years, create 2,300 new jobs in the gaming industry and another 4,000 service jobs at hotels, restaurants, entertainment and retail industries.

THE CANADIAN PRESS

In it to win it

"It's about jobs, and it's about updating a Crown corporation that — as we pointed out — has a strategy that was designed in the early 1990s in a very, very different world."

Finance Minister Dwight Duncan

Paul Godfrey, left, and Dwight Duncan announce plans to revamp the OLG at Queens Park on Monday. PAWEL DWULIT/THE CANADIAN PRESS

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The Wine Lover's Cruise (Roundtrip-Homps) route taxes & fees included
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Greece
Island Hopping, 7 Nights $704
Various Hotels taxes & fees included
INCLUDES transfers, accom with private facilities, 4 nights accom in Rhodes, 2 nights accom in Kos, 2 nights accom in Patmos, daily breakfast and hydrofoil tickets between Islands. Airfare not included. Departs Jun 1/ggv.

Barcelona Air + 7 Nights $1034
Citadines Las Ramblas + taxes & fees $474
INCLUDES central accom on Las Ramblas St. Departs May 18/ggv/ts. ADD hop-on, hop-off tour for $42.

Canada & USA

Las Vegas Air + 4 Nights $215

Circus Circus + taxes & fees $309
INCLUDES accom on the Strip. Departs Mar 18/swg/wg. ADD Vegas Passport Ultimate Club Hopping pass for $130.

Orlando Family Special, Air + 7 Nights $159◊
Champions World Resort + taxes & fees $286
INCLUDES accom near theme parks. Price per person based on family of 4. Departs Mar 29/ggv/ts. UPGRADE to 4-star Wyndam Orlando Resort for $9 per night. ADD 5-day *Walt Disney World* Resort *Magic Your Way* Base Ticket for $275/adult, $255/child (ages 3-9). BOOK this package based on double occupancy for $239.

Montreal 3 Nights 4-Star $189
Novotel Montreal Centre taxes & fees included
INCLUDES central accom across from the Bell Centre. Travel Mar 19/ggv. UPGRADE to 4.5-star Fairmont Queen Elizabeth for $9 per night.

South East Asia

Thailand Air + 7 Nights $914
Ibis Bangkok Riverside + taxes & fees $418
INCLUDES central accom. BONUS daily breakfast included. Departs Apr 22/ggv/ua/co. UPGRADE to 4-star Century Park for $17 per night. ADD Floating Markets for $35.

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Departs Mar 20/vat/c6.

Jamaica 7 Nights 4-Star $479
Sunset Jamaica Grande + taxes & fees $346
Departs Mar 16/sqv/qk.

Punta Cana 7 Nights 4-Star $479
Premier at Grand Paradise Bavaro + taxes & fees $374
Departs Mar 17/sqv/qk.

Riviera Maya 7 Nights 5-Star $479
Sunquest Riviera Maya Roulette + taxes & fees $332
Departs Mar 19/sqv/qk.

Cancun 7 Nights 4.5-Star $548
Ocean Maya Royale + taxes & fees $346
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Panama 7 Nights 4-Star $557
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Suit smokes out tobacco industry

Class action. Smokers claim they were duped, misled for years by tobacco companies

Tobacco companies embroiled in a historic civil suit kicked off the trial Monday by arguing that smokers who get sick or can't kick the habit have nobody to blame but themselves.

Daniel C. Charest smokes outside a Montreal courthouse Monday, the first day of a massive lawsuit against the tobacco industry. GRAHAM HUGHES/THE CANADIAN PRESS

The landmark class-action case, with up to $27 billion at stake, kicked off in a Montreal courtroom where Canada's three biggest cigarette companies began their battle against a group representing all of Quebec's 1.8 million smokers.

It is considered the biggest class-action case in Canadian history. It is also the first time tobacco companies have gone to trial in a civil suit in Canada.

Two lawsuits are being heard together and they involve separate groups of Quebec plaintiffs — some who have gotten seriously ill from smoking, and others who say they can't quit.

The defendants — Imperial Tobacco Canada Ltd.; Rothmans, Benson & Hedges; and JTI-Macdonald — were heavily armed with lawyers and pubic-relations staff as the case finally came to trial, 14 years after an initial group of plaintiffs filed a suit.

Imperial Tobacco called the case an "opportunistic cash grab."

One by one lawyers made their opening statements, with the companies arguing that the public has known for decades that smoking can be harmful. Tobacco firms also tried shifting blame onto the federal government, which regulates their industry.

The companies said they have always followed federal rules. In recent years, the government has ordered that graphic warnings be placed on packaging and has changed the visibility and marketing rules to curb smoking.

THE CANADIAN PRESS

Blaming the smokers

"Those who decide to start smoking or continue smoking should assume responsibility for a choice they make." Suzanne Cote, lawyer representing Imperial Tobacco

Wanted on 29 charges

Panama cops nab Canadian fugitve

Police in Panama say they have captured a fugitive with suspected ties to the Hells Angels motorcycle gang who is wanted in Canada for 22 murders.

A police statement says Michel Smith was detained Friday in the Playa Coronado tourist region, 100 kilometres west of Panama City.

Canadian police have been looking for Smith since a massive 2009 gang sweep in the province of Quebec.

Panamanian police say they are co-ordinating his extradition to Canada.

THE ASSOCIATED PRESS

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Russia, U.S. clash over plans for Syria

United Nations.
Countries debate different proposals to end bloody conflict and restore order in Syria

The United States and Russia clashed over Syria at the United Nations on Monday after the UN's chief urged the divided Security Council to speak with one voice and help the Mideast nation "pull back from the brink of a deeper catastrophe."

Washington and Moscow both called for an end to the bloody yearlong conflict — but on different terms, leaving in doubt prospects of breaking a deadlock in the council over a resolution.

U.S. Secretary of State Hillary Rodham Clinton rejected any equivalence between the "premeditated murders" carried by President Bashar Assad's "military machine" and the civilians under siege driven to self-defence.

Russia's Foreign Minister Sergey Lavrov said Syrian authorities "bear a huge share of responsibility" but also insisted at the meeting that opposition fighters and extremists including al-Qaida are also committing violent and terrorist acts.

Lavrov said if the priority is to immediately end any violence and provide humanitarian aid to the Syrian people "then at this stage we should not talk about who was the first to start, but rather discuss realistic and feasible approaches which would allow (us) to achieve the ceasefire as a priority."

Clinton declared that the Security Council cannot "stand silent when governments massacre their own people, threatening regional peace and security in the process."

The ministerial debate in the council on challenges from last year's Arab Spring was dominated by the yearlong conflict in Syria, which has killed over 7,500 people, according to the United Nations.

UN Secretary-General Ban Ki-moon, who led off the debate, said the conflict has led the entire region into uncertainty and subjected citizens in several cities to disproportionate violence.

Russia, which is Syria's most powerful ally, and China, have vetoed two U.S. and European-backed Security Council resolutions which would have condemned Assad's bloody crackdown, saying they were unbalanced and demanded that only the government stop attacks, not the opposition. Moscow accused Western powers of fuelling the conflict by backing the rebels.

Earlier this month, the United States proposed a new draft that tried to take a more balanced approach, but diplomats said Russia and China rejected it. THE ASSOCIATED PRESS

Aida, 32, reacts as she recovers after the Syrian army shelled her house in Idlib on Saturday. RODRIGO ABD/ THE ASSOCIATED PRESS

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Germany

Germany offers condolences to Afghan people

German Chancellor Angela Merkel, left, at a military camp. BUNDESREGIERUNG/STEFFEN KUGLER, POOL/THE ASSOCIATED PRESS

Chancellor Angela Merkel made a one-day trip Monday to visit German troops in northern Afghanistan and offered President Hamid Karzai her condolences over the killing of 16 civilians by a U.S. soldier, the government said.

Merkel arrived in Mazar-e-Sharif early in the morning. She originally planned also to visit Kunduz, another northern area where German troops are based, but bad weather meant it wasn't possible to fly there.

The chancellor's previously planned visit came a day after an American soldier allegedly killed 16 civilians. THE ASSOCIATED PRESS

Afghan man recounts what he witnessed on night when 16 were massacred

A survivor's tale. Twenty-six-year-old witness describes experience of watching his father get shot by gunman

An Afghan man recounted on Monday the harrowing scene in his home as a lone U.S. soldier moved stealthily through it during a killing spree, then crouched down and shot his father in the thigh as he emerged from the bedroom in the deep of night.

The soldier, now in U.S. custody, is accused of killing 16 Afghan civilians in their homes overnight between Saturday and Sunday and then burning some of their corpses. Afghan President Hamid Karzai said nine of those killed were children and three were women.

"He was walking around, taking up positions in the house — in two or three places like he was searching," said 26-year-old witness Mohammad Zahir, who watched the gunman while hiding in another room. "He was on his knees when he shot my father" in the thigh, he told The Associated Press. His father was wounded but survived.

Even before the shootings, anti-Americanism was already boiling in Afghanistan over U.S. troops burning Muslim holy books, including Qur'ans, last month on an American base. The burnings came to light soon after a video purporting to show four Marines urinating on Taliban corpses was posted on the Internet in January.

Now, another wave of anti-foreigner hatred could threaten the entire future of the U.S.-led coalition's mission in Afghanistan. The recent events have not only infuriated the Afghan people and leaders, but have also raised doubts among U.S. political figures that the long and costly war is worth the sacrifice in lives and money.

THE ASSOCIATED PRESS

Men stand next to blood stains and charred remains inside a home where witnesses say Afghans were killed by a U.S. soldier in Kandahar province. ALLAUDDIN KHAN/THE ASSOCIATED PRESS

Analysis

Killings won't stop handover plans: NATO

The alleged slaying of 16 civilians by a U.S. soldier in southern Afghanistan will not affect plans to turn over security operations to local troops, NATO and member countries said Monday, calling for a quick investigation into the deaths.

NATO spokeswoman Oana Lungescu called for a swift and thorough investigation, but said it was an "isolated incident" and as such would not affect the alliance's overall plans to turn over security operations to Afghan troops by the end of 2014. "This is clearly a tragedy, but it should not be allowed in any way to change the mission, and it doesn't change our commitment to the mission and to the timetable," she told The Associated Press in a telephone interview.

U.S. officials said the shooter, identified as an army staff sergeant, acted alone after leaving his base in southern Afghanistan. THE ASSOCIATED PRESS

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Indian village marries off girls to save them from prostitution

Vadia. Mass wedding marks first time since Independence that young girls from poor village married, reports Times of India

A group of young girls and boys dressed in brightly coloured veils and turbans sat shoulder-to-shoulder and stone-faced through a mass marriage and engagement ceremony in the Indian village of Vadia in Banaskantha on Sunday.

The ceremony was an attempt to break a long-held tradition in the poor rural village known as the Veshya Gram or "village of prostitutes."

For more than 100 years the women in the village have engaged in the world's oldest profession.

Mittal Patel, secretary of the aid group Nomadic Community Support Forum, said poor tribeswomen who could not afford marriage often became prostitutes when they turned 15. Men in the village have been known to solicit "customers" for their wives and daughters, reported the India Express.

Patel's group said it organized weddings for eight poor nomadic tribeswomen to help them avoid the fate of their mothers.

Twelve other girls who are minors were engaged to local boys and will marry after they turn 18.

Patel said they found grooms from within the tribe in Vadia, a village 275 kilometres north of Gandhinagar, the capital of Gujarat state.

"Marriage means that the young girls will be saved from the traditional profession of prostitution," she said. "Once the girl gets married or engaged, she cannot be forced into the flesh trade."

According to the Times of India, 3,000 people gathered to witness the wedding in Vadia.

TORSTAR NEWS SERVICE

A young Indian girl and boy are seen during a mass marriage at Vadia village, India, on Sunday. An aid group says it has organized weddings for eight poor nomadic tribeswomen in western India to help them avoid prostitution. AJIT SOLANKI/THE ASSOCIATED PRESS

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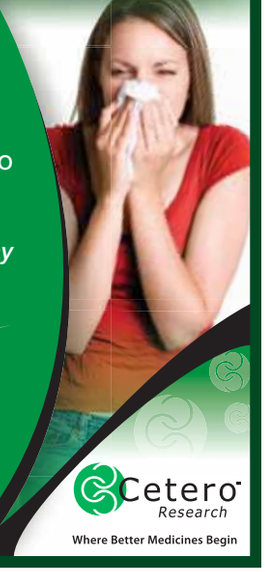

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GOP campaign. Kansas loves Santorum, but can he win Alabama, Mississippi?

Presidential hopeful Rick Santorum won Kansas on Saturday in the arduous Republican presidential race, easily disposing of his rivals in a state where two of them didn't bother to compete.

In early, unofficial results, the staunch social conservative had 51 per cent of the vote in the Kansas caucuses. Mitt Romney came in second with 21 per cent while Newt Gingrich and Ron Paul duked it out for third place. Only Santorum and Paul campaigned in Kansas, however; Romney and Gingrich sat it out. Forty delegates were at stake in the state where Christian evangelicals make up a third of the population and there's a long history of social-conservative activism. But Romney came out ahead in Wyoming. He took six of the 12 delegates up for grabs. Santorum gained three and Ron Paul one. The former Massachusetts governor also boosted his delegate count overnight when he won nine delegates each on the island of Guam and in the Northern Mariana Islands.

The Kansas and Wyoming contests represent a prelude to Tuesday's primaries in Alabama and Mississippi, contests that have taken on a new significance in the Republican race.

THE ASSOCIATED PRESS

Penn State abuse scandal

Former coach's fate still up in the air

A judge has heard arguments but opted not to rule yet on how much information former Penn State assistant football coach Jerry Sandusky should get in advance of his trial on child sex-abuse charges. Judge John Cleland gave no indication when he'd rule on Monday's arguments concerning the "bill of particulars" about the 10 purported victims that the attorney general's office provided Sandusky's attorney two weeks ago. THE ASSOCIATED PRESS

Jerry Sandusky
THE ASSOCIATED PRESS FILE

'A totally different person from the Watergate tapes'

A love letter exchanged between Richard Nixon and his wife, Pat, shown at the Richard Nixon Presidential Library and Museum's upcoming exhibit celebrating Pat Nixon's 100th birthday, in Yorba Linda, Calif. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Love letters. Richard Nixon's romantic side revealed in notes to his bride in exhibit at presidential library

Long before Richard Nixon rose to power and fell from grace, he was just another man in love.

Decades before he became known to some as Tricky Dick, Nixon was the one penning nicknames (sweet ones) to his future bride in gushy love notes that reveal a surprisingly soft and romantic side of the man taken down by Watergate.

Nixon shared the stage with Patricia Ryan in a community theatre production and six of the dozens of letters they exchanged during their two-year courtship will be unveiled Friday at the Richard Nixon Presidential Library and Museum as part of an exhibit celebrating the 100th birthday of the woman Nixon playfully called his "Irish gypsy."

In Nixon's letters, he recalls their first meeting in flowery prose, daydreams about their future together and waxes poetic about the first time his "dearest heart" agreed to take a drive with him.

Eighteen years after his death, the correspondence offers a tiny window into a fiercely private side of Nixon that almost no one ever saw.

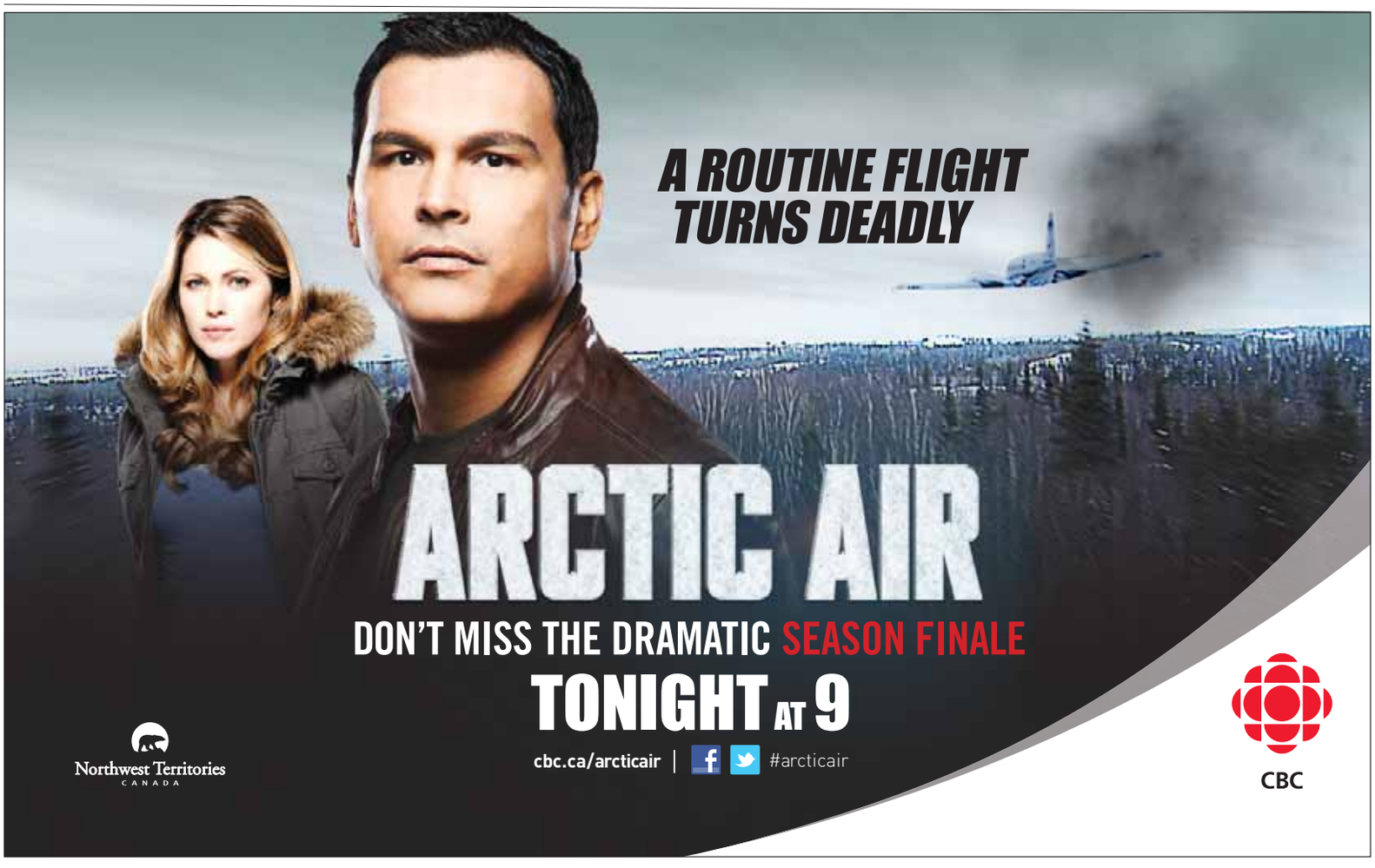
"These letters are fabulous. It's a totally different person from the Watergate tapes that people know. President Nixon started out as an idealistic young man ready to conquer the world and with Pat Ryan he knew he could do it. There's a lot of hope, there's a lot of tenderness and it's very poetic," said Olivia Anastasiadis, supervisory museum curator.

THE ASSOCIATED PRESS

A man in love

"Every day and every night I want to see you and be with you. Yet I have no feeling of selfish ownership or jealousy."

From one of Nixon's letters to his bride



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Somali woman shines as troop trainer

Military training. Female instructor's presence in Ugandan camp dominated by men has added excitement to EU-backed program

A military instructor clad in fatigues and boots who barks out orders to men half her age has become the unlikely star of a European Union program to train thousands of Somali troops.

Nearly 98 per cent of the trainees in the six-month class being held in a remote Ugandan village are men, but it is 40-year-old Fatuma Hassan Noor, who returned for advanced training, who often gets mentioned in discussions of what the program can be proud of after its mandate expires in December.

'A beautiful example'

"What the woman is doing is a good example of leadership."

Roberto Ridolfi, Italian head of the EU delegation in Uganda
The diplomat recalls how impressed he was that Noor had returned for advanced training.

Western governments are injecting millions of dollars into a program that they hope will contribute to the stabilization of Somalia, and officials stationed here hope dedicated students like Noor, when they finally return home, can prove that the money was not wasted.

Noor is well regarded because she was a member of the inaugural 2010 class but returned last year to train as a noncommissioned officer, a forward step toward her goal of practicing as an army nurse. THE ASSOCIATED PRESS

Somali soldiers Fatuma Hassan Noor, left, and her daughter, Amal Ahmed, sit under the shade of a tree in Uganda. RODNEY MUHUMUZA/THE ASSOCIATED PRESS

Manhattan. Lawyer wants accused madam to move in with him

An attorney for an accused big-money madam isn't offering just legal arguments to get her out of jail — he's ready to offer her his home.

In the latest eye-catching turn in the case surrounding Anna Gristina, lawyer Peter J. Gleason said Monday he'd put up his $2.5-million Manhattan loft as security for her $2-million bail — and to have her be under house arrest and electronic monitoring there with her family — even as he and her court-appointed attorney sparred publicly over Gleason's role in the case.

"I really have a fundamental belief in justice, and I despise what I perceive as someone being bullied," Gleason said outside court, where a judge set a hearing for Thursday on the unusual bail plan. "I want them to move in with me."

Anna Gristina in court with attorney Peter Gleason Monday in New York. LOUIS LANZANO/THE ASSOCIATED PRESS

Prosecutors oppose the bail request, saying it raises ethical questions. THE ASSOCIATED PRESS

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Florence. Hidden mural could be lost Leonardo

Researchers may have discovered traces of a lost mural by Leonardo da Vinci by poking a probe through cracks in a 16th-century fresco painted on the wall of one of Florence's most famous buildings.

The latest findings Monday still leave much mystery in the hunt for the Battle of Anghiari, a wall mural painted by Leonardo in Florence's storied Palazzo Vecchio, and possibly hidden behind a fresco done by Giorgio Vasari decades later.

The hunt for the unfinished mural has captivated art historians for centuries, and took on fresh impetus in the last years with the employment of state-of-art scientific tools.

Some believe Leonardo's mural, which he began in 1505 to commemorate the 15th-century victory by Florence over Milan at the medieval Tuscan town of Anghiari, may be hidden behind a newer wall, which was frescoed over decades later by Giorgio Vasari.

Leonardo's Battle of Anghiari was unfinished when Leonardo left Florence in 1506.

Encouraging

"The evidence does suggest that we are searching in the right place"

Maurizio Seracini
Engineer, University of San Diego

Maurizio Seracini, an Italian engineer from the University of San Diego, told reporters that the fragments of colour retrieved by the probe in the palace's Hall of the 1500s are consistent with pigments used by Leonardo.

He said an analysis showed that the red, black and beige paint found is consistent with the organic paint Leonardo used on his frescoes.

But the paint could also have been used by Leonardo's contemporaries in Florence, which is awash in Renaissance art. Seracini called the results "encouraging" but preliminary.

The hunt for the missing Leonardo mural is being led by the National Geographic Society and the University of California in partnership with the city of Florence.

THE ASSOCIATED PRESS

Defending tradition

An Aymara native man shows coca leaves Monday as thousands of coca producers march in La Paz in support of "acullicu," the practice of chewing the leaves. Bolivian President Evo Morales took his campaign to decriminalize the coca leaf to a UN narcotics convention on Monday, defending what he said is an ancient and harmless tradition.

AIZAR RALDES/GETTY IMAGES

Tibet protest. Monk sets himself on fire

A teenage Tibetan monk set himself on fire in protest on the anniversary of the failed Tibetan uprising against Chinese rule in 1959, an overseas activist group said Tuesday.

The London-based Free Tibet group said the 18-year-old self-immolated on Saturday in Aba, a town that is under heavy security lockdown in western Sichuan province.

The group says the monk, identified only as Gepey, was from the town's Kirti Monastery, the scene of numerous protests against the Chinese government over the past several years. Most are led by monks who are fiercely loyal to the Dalai Lama, who fled the Himalayan region on March 10, 1959, during an abortive uprising against Chinese rule.

More than two dozen Tibetans, including several teenagers, have set themselves on fire in China over the last year, protesting China's suppression of their religion and culture and calling for the return of the Dalai Lama.

Gepey died after self-immolating behind a military camp, Free Tibet said. The group said locals tried to take his body away but security personnel removed it.

A woman from the county Communist Party propaganda department said she had no information about the incident. Calls to the prefectural Communist Party department and police and county police rang unanswered. A man who answered the phone at the Kirti Monastery hung up when he was asked about the self-immolation. THE ASSOCIATED PRESS

Third this month

Gepey was the third Tibetan this month to self-immolate near a building associated with Chinese authority.

- Earlier in March, another 18-year-old Tibetan man in the same county set himself on fire and walked to a government office building.
- A mother similarly protested outside a police station in Aba town.

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Illegal adoption

12-year-old girl, 3 relatives sold baby son: Police

Police in northern Greece say a 12-year-old girl has been arrested along with three of her relatives after selling her 10-week-old baby son for $16,400 US to undercover officers posing as adoptive parents.

A police statement said Monday that the girl, her 44-year-old aunt and her aunt's parents, aged 65 and 71, were all arrested on illegal adoption charges. THE ASSOCIATED PRESS

Animal rescue

Multiplying bunnies at risk

An animal-rescue group says a lack of cash and public support are likely to lead to the deaths of feral rabbits being trapped in the Alberta town of Canmore. The community began trapping its burgeoning bunny population in January and had been turning the rabbits over to the Earth Animal Rescue Society. It has as many as 2,000 rabbits to remove. THE CANADIAN PRESS

A blaze in the western sky

Spot Jupiter and Venus at twilight

It's not too late to catch the spectacular Venus and Jupiter show. On Monday and Tuesday evenings, the planets will appear just three degrees apart in the western sky. The gap has been narrowing since last month. The two planets are visible every night at twilight. Venus is brighter because of its relative closeness, compared with super-far-away Jupiter. THE ASSOCIATED PRESS

Prescribed narcotic

Heroin treatment cheaper: Study

Treating longtime "street heroin" addicts with a medically prescribed form of the narcotic is more cost-effective in the long run than using standard methadone therapy, a study suggests. Medically prescribed heroin, diacetylmorphine, and its programs are more expensive than methadone therapy but savings are accrued from reduced drug-related criminal activity and health-care costs, the study says. THE ASSOCIATED PRESS

Judge pushes boundaries, grants euthanasia hearing

Paralyzed. U.K. man argues that under the European Convention on Human Rights he has the right to "private and family life," and choosing how to die is a personal matter

Tony Nicklinson sits at his home in Wiltshire, England, where a stroke left him unable to speak or move below the neck.
TONY AND JANE NICKLINSON/THE ASSOCIATED PRESS

In a case that challenges Britain's definition of murder, a judge ruled Monday that a severely disabled man who wants a doctor to kill him will be granted a hearing.

It is the first euthanasia case of its kind to be allowed a hearing in a British court.

Tony Nicklinson, 57, suffered a paralyzing stroke in 2005 that left him unable to speak or move below his neck. The former rugby player and corporate manager requires constant care and communicates largely by blinking, although his mind has remained unaffected. In January, Nicklinson asked the High Court to declare that any doctor who gives him a lethal injection with his consent won't be charged with murder. "I have no privacy or dignity left," Nicklinson said in a statement. "I am fed up with my life and don't want to spend the next 20 years or so like this."

The ministry of justice argued that granting Nicklinson's request would require Parliament to change the law on murder. The government had applied to have the case dismissed. In his ruling, Justice William Charles said Nicklinson was "now inviting the court to cross the Rubicon" and that his case had "an arguable base."

A recent British commission report recommended assisted suicide only be allowed for terminally ill people, which would exclude Nicklinson. In Europe, only Belgium, the Netherlands, Luxembourg and Switzerland allow euthanasia. THE ASSOCIATED PRESS

Defence

Kony2012 talks back to critics

Invisible Children, the U.S. non-profit group behind the Kony2012 campaign, released a new video Monday in response to criticisms of its methods and approach.

The group garnered international attention when it released a video online last week explaining the decades-long transgressions of Joseph Kony.

Kony is the leader of the Lord's Resistance Army in Central Africa, a group known for abducting young boys and girls and forcing them to become soldiers and sex slaves.

Kony and his rebel fighters are known in Africa for terrorizing a nation and region. He is at the top of the International Criminal Court's list of indicted criminals. But before the Kony2012 campaign, he was unknown to much of the world outside of Africa. The group has been questioned about its funding and its focus on armed intervention, and it has faced other. THE ASSOCIATED PRESS

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WHAT'S **NEXT** IN TELEVISION?

An iceberg near Ammassalik Island in Greenland. A new assessment of climate change in the Arctic shows the ice in the region is melting faster than previously thought. JOHN MCCONNICO/THE ASSOCIATED PRESS FILE

Big consequences for small change

New study. An increase in global temperature of less than 2 C could spell the end of Greenland's ice shield

The Greenland ice sheet may melt completely if there is an increase in global warming by 1.6 C — a much lower increase in temperatures than previous studies have indicated.

A new study published in Nature Climate Change by a team of researchers at the Potsdam Institute for Climate Impact Research and the Universidad Complutense de Madrid used mathematical models and computer simulations of the ice sheet and the regional climate of Greenland to determine the melting point.

THE ASSOCIATED PRESS

Receding ice

- **Powerful impact.** "If we had a constant temperature (increase) of 2 C, it would decline or melt over 50,000 years," said Alexander Robinson, one of the authors of the study. And if the temperature increase from global warming is higher, it will have profound consequences for the planet, such as a rise in sea levels.

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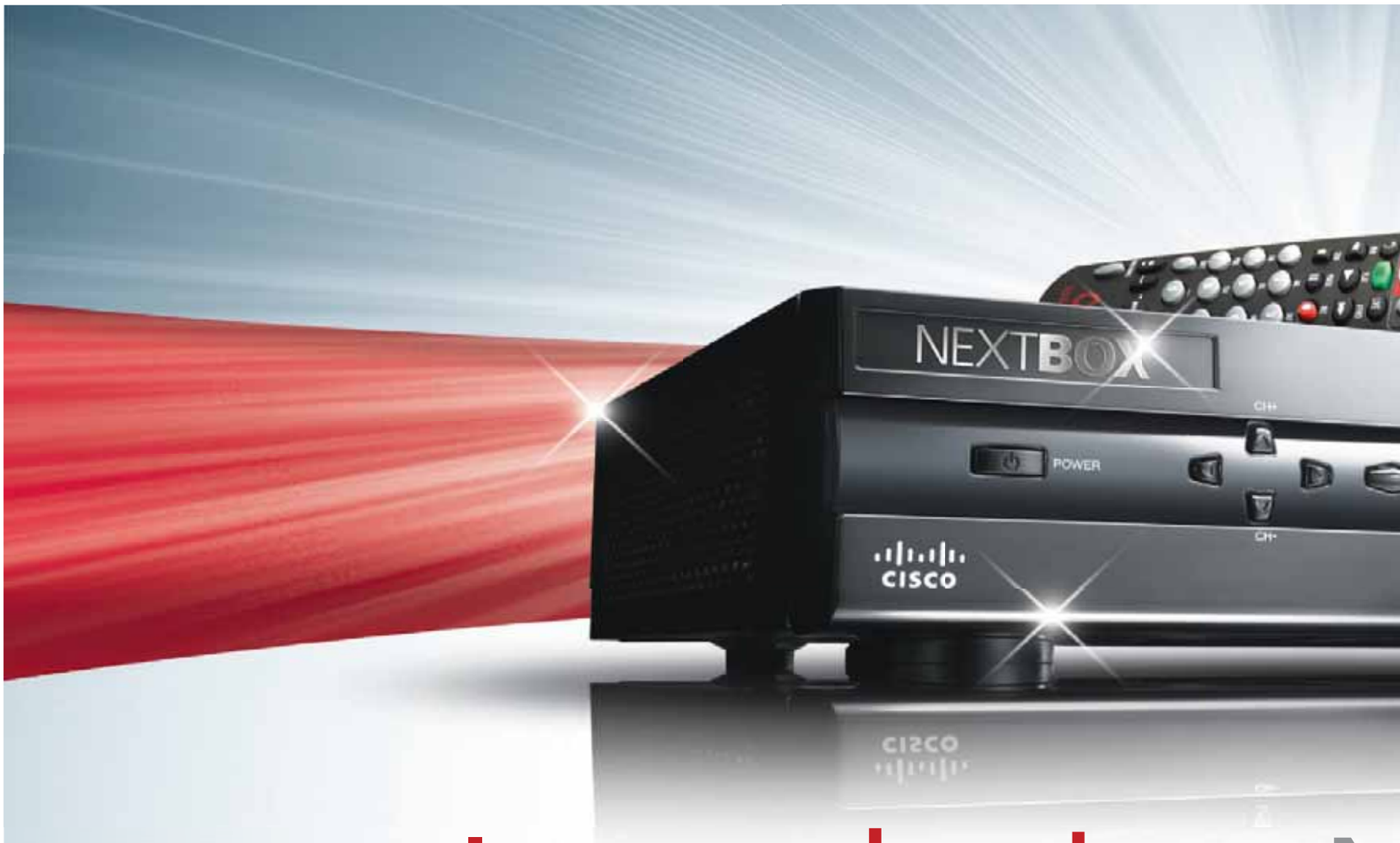

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Greece

Debt write-down worth $232.5B US

Greece implemented the biggest debt write-down in history Monday, when it swapped the bulk of its privately held bonds with new ones worth less than half their original value.
THE ASSOCIATED PRESS

Stepping into the fray

Minister of Labour Lisa Raitt and Minister of Transportation Denis Lebel leave Monday after announcing Raitt will introduce back-to-work legislation in connection with Air Canada and its labour dispute with its pilots and machinists unions. SEAN KILPATRICK/THE CANADIAN PRESS

Worth $4.5B. Nortel patent deal approved

The purchase of 4,000 patents from defunct network-services company Nortel by a consortium of tech giants including Apple, Research in Motion and Microsoft can go ahead after a U.S. government waiting period expired, the consortium said Monday.

The $4.5-billion purchase was made last summer by Rockstar Consortium, which came together in an attempt to squeeze Google out of the patent auction.

The deadline for review of the deal by the U.S. Department of Justice has now passed, Rockstar announced Monday.

"We are pleased to emerge from this review process, and are looking forward to working with technology related companies to provide them with access to Rockstar's technology. The entire industry has benefitted from Nortel's groundbreaking innovations, and we are eager to work with them to establish licenses enabling the continued use of this technology," said Rockstar CEO John Veschi, the former chief intellectual property officer of Nortel, in a written statement. TORSTAR NEWS SERVICE

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THE GIRL WITH THE REGRETTED TATTOO

SHE SAYS...
Jessica Napier
metronews.ca/shesays

There are only a few certainties in my life. All that stuff about death and taxes you already know, but there's also this: I will never, ever get a tattoo.

How can I be so sure? Firstly, I hate needles. Wait, hate isn't a strong enough word; I loathe needles. I cower at the mere thought of these ~~torture devices~~ necessary medical instruments. Last week I went for a routine blood test and wound up having an embarrassing fainting episode in the middle of a busy hospital clinic. So, no, I don't do well with needles.

Angelina Jolie covered up what was left of her regretted tattoo with the co-ordinates of where she met each of her children. GETTY IMAGES

But let's say the piercingly painful tattoo needle wasn't an issue. Even if the ink was drizzled on pain-free, I would never want to inscribe my body with a permanent keepsake. The thing is, there are many things that I care quite deeply about at the moment; yet, how can I possibly know those feelings won't change over time? I don't think I own one item of clothing more than five years old, I change my Facebook profile photo on a weekly basis, I've lived in over 20 different houses/apartments over the course of my 26 years — my life is all about impermanence. I can barely commit to a nail-polish colour for longer than three days; how could I ever commit to an ink stain on my skin forever?

Jolie, post-tattoo remorse, is seen in this 2004 photo. GETTY IMAGES

Recently, a friend of mine announced that she was planning on getting her tattoo removed. You can take a wild guess where that lingering artifact from her teenage rebellion is located — her lower back, of course. At 18 years old, her body art (I refuse to call it a "tramp stamp" since sexual promiscuity and tattoo ink have no logical correlation) was accompanied by a navel piercing and a bad attitude.

Jolie, with her then-husband, actor-director Billy Bob Thornton in 2001, and her "Billy Bob" tattoo. GETTY IMAGES

She was a rebel, just like every other teenage girl, and her mom hating tattoos was just part of the appeal. Funnily enough, disapproval from an external source (this time it's her boyfriend's distaste for indelible ink) is once again a contributing factor in her decision. The irony is clear.

I am so happy that I will never feel the deep, remorseful kind of regret that only an inspirational quote in a foreign language scripted on my skin can inspire. However, I know I'm in the minority; my generation seems increasingly obsessed with expressing individuality by doing something that everyone else is doing. After all, tattoos can be many things — beautiful, painful, attention-seeking, sentimental, permanent records of a drunken night out — but they are rarely unique.

On Cloud Equine

REX FEATURES

Can you see it?

Head in the clouds

This cloud looks like an apparition of a great steed of old. This striking resemblance of a horse's cranium was spotted last week in the Welsh seaside town of Tenby. MWN

Behind the lens

"It had been pouring with rain, but it suddenly stopped and the sky opened up and there it was — a horse's head emerging from the beautiful blue sky."
Gareth Davies, photographer

Strange clouds

- **Kelvin-Helmholtz wave cloud:** Resembles a series of crashing ocean waves.
- **Mammatus cloud:** These ominous, bobbly and sagging clouds are named after Latin word for "breast."
- **Lenticular cloud:** Beautiful lens-shaped clouds that are commonly mistaken for UFOs.

Also spotted

Cloud in the news

A self-named "cloud appreciator" caused a storm in meteorological circles after proposing a new class of cloud "undulatus asperatus."

If successful, the cloud by Gavin Pretor Pinney, author of The Cloudspotter's Guide, will be the first cloud formation added in more than 60 years. MWN

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What would you do first if you won the lottery?

- 28% QUIT MY JOB
- 28% HIRE A BODYGUARD
- 44% SCREAM
- 0% GO FOR A VERY EXPENSIVE DINNER

Twitter

@sabbatical:
Ah, Posterous, we hardly knew ye. Makes me wonder where the likelihood of Tumblr being acquired and sunsetted stands at.

@ivortossell:
Question: In the Kony video, Invisible Children takes credit for Obama's decision to send military advisors into Uganda. Is that legit?

@jp_urry:
I'm so happy that sending an email to the city of #Toronto auto responds that someone will get back to me in five days. #jobsforlife

@HULKMAYOR:
WHY HULKMAYOR NO THINK OF THIS BEFORE! TURN REFERENCE LIBRARY INTO CASINO FOR MAKE SUBWAY! KILL ALL BIRDS WITH 1 STONE! EFFICIENCY! #Topoli

@Scottie_screams:
"I just saved Uganda!" -Shaun

metro

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2 SCENE

Scene in brief

Harvey to star in own TV show

Steve Harvey is going to star in his own daily television show, and it's going to be taped in Chicago. In a news release, Gov. Pat Quinn says the comedian, actor, author and radio host will host a one-hour program called Steve Harvey at the NBC 5 studios in Chicago. Quinn says the program will create about 100 jobs and could bring about 35,000 audience members and visitors to the city each year. The release says Harvey will cover a host of topics, from parenting to relationships to navigating today's workplace. Harvey is one of four comedians featured in the Spike Lee movie The Original Kings of Comedy and starred in the TV sitcom The Steve Harvey Show.

THE ASSOCIATED PRESS

On the Web

One year after disaster, Cyndi Lauper returns to Japan, urging support for devastated areas

Jonah Hill and Channing Tatum star in 21 Jump Street. HANDOUT

Tatum makes the 'jump' into comedy

21 Jump Street. Co-stars Channing Tatum and Jonah Hill have plenty of fun remaking an old TV hit

STEVE GOW
scene@metronews.ca

When the idea of updating former television hit 21 Jump Street to the big-screen entered Jonah Hill's mind, there was one notion that stood out to him as particularly attractive.

"I think that everyone would like to relive certain parts of their lives with the knowledge they've accrued since that time," said the recent Oscar-nominated actor.

"If you had all the answers, you could go back and score big."

In this case, the fantasy of revisiting the past isn't just referring to adapting a Johnny Depp-lead TV show that debuted in 1987, but it speaks to the comedy's main plot: When two young-looking cops are assigned to bust a high school drug ring as undercover students, they get a chance to relive the prime of their youth.

For Channing Tatum — perhaps most recognized for his romantic dramas The Vow and Dear John — it was an opportunity to branch into comedy alongside a talented cast.

"(What I learned was) just be free," admitted Tatum of his rare attempt at broad big-screen comedy.

"You just have to sort of do it and be honest about what you're doing. Don't think about being funny," he adds.

"Don't say I'm in a comedy — that's what I told him," added Hill.

"You just pretend you're doing a drama but the circumstances and the characters are different."

Hill's advice is indicative of the trusting relationship the leads forged while filming 21 Jump Street (which hits theatres this Friday) — perhaps the most important ingredient in making the classic buddy action-comedy the film aspires to be.

"We had so much fun," said Tatum.

"I think this is one of those rare movies that the more fun that you have and such a good friendship that I think it shines through in the movie."

Getting laughs

"You just have to sort of do it and be honest about what you're doing. Don't think about being funny."

Channing Tatum, star of 21 Jump Street
Tatum talks about making the transition from drama to comedy

Quoted

Hill on making friends

Jonah Hill and Channing Tatum bonded on the set of 21 Jump Street. Hill had this to say about his fellow star:

"You're asking the two leads if it's us that makes the movie good. Of course we're going to say yes, we're actors," laughed Hill.

"If we hated each other, you'd be able to tell. It wouldn't be as fun to watch."

DVD reviews

The Descendants

Director. Alexander Payne

Stars. George Clooney, Shailene Woodley, Amara Miller

●●●●●

Honolulu real estate lawyer Matt King (George Clooney) lives in paradise, but he can't see the beauty for the pain. His wife, Elizabeth, is in a coma following a waterskiing accident, his two daughters are sullen and rebellious, and he is coming down to the wire on a difficult decision he has to make about the sale of 25,000 acres of pristine Kauai shoreline.

Despite Matt's problems, director Alexander Payne doesn't ask viewers to wallow in gloom. On the contrary, The Descendants is a stealth comedy that could leave you feeling woozy with unexpected contentment.

My Week with Marilyn

Director. Simon Curtis

Stars. Michelle Williams, Eddie Redmayne, Kenneth Branagh

●●●○○

Michelle Williams couldn't hope to match Marilyn Monroe's uncanny alchemy of innocence and seduction — and she doesn't, missing the sizzle of the situation.

Yet it's fascinating to watch Williams, a very fine actress, make the attempt. In the process she redeems a movie of such trivial effect, it might have worked better as dinner-theatre farce.

My Week with Marilyn concerns events in 1956, when Monroe travelled to England to make a movie at London's Pinewood Studios. It's based on the memoirs of the late filmmaker Colin Clark (the undistinguished Eddie Redmayne).

Despite nice turns by supporting players Kenneth Branagh and Judi Dench, the film is little more than a vehicle to display Williams' considerable talents, which it surely does.

PETER HOWELL

Making the transition to 'real life' can be a bumpy ride for filmmakers

John Carter. Talented animation director Andrew Stanton has attempted live action with latest film — will it be a hit?

MICHELLE CASTILLO
Metro World News

John Carter, released this past weekend, is starting to look like a critical bust. HANDOUT

A Bugs Life and Finding Nemo are some of the most beloved computer animated films of this generation. Thanks to the skillful hand and eye of director Andrew Stanton, the pixels come to life and create heart-warming, emotional films.

Time will tell if his latest effort, John Carter — which was released this past weekend worldwide — will be part of his critically-acclaimed collection. Unfortunately, it is starting to look like a critical bust. The movie is currently at a 51 per cent approval rating on RottenTomatoes.com.

Here are four other film directors who went from animation to live action, with varying levels of success:

Brad Bird: Mission: Impossible - Ghost Protocol

Notable animated works: Ratatouille, The Incredibles, Iron Giant

One of Pixar's most notable directors, Brad Bird started training as an animator at the age of 14 under the tutelage of Milt Kahl, one of Disney's core animators known as the Nine Old Men. According to the New York Times, Tom Cruise suggested he direct the next Mission: Impossible installment, and J.J. Abrams urged him to join via a late night text message that simply said "Mission?" Though some were skeptical the series needed another film, the movie had extremely positive reviews and grossed almost $680 million worldwide to date.

Rob Minkoff: The Haunted Mansion

Notable animated works: Stuart Little, The Lion King

The Lion King was one of the cornerstone films that made up the period known as the Disney Renaissance. Even the re-released 3D version was able to captivate audiences, grossing over $487 million worldwide. The Haunted Mansion, based on the Disney theme parks ride of the same name, was also a box office success, bringing in over $182 million worldwide. However, it was universally panned due to the fact that many critics said it did not provide spook nor snark.

Phil Lord and Chris Miller: 21 Jump Street

Notable animated works: Cloudy with a Chance of Meatballs, TV show Clone High

Directing duo Lord and Miller make have started in TV animation, but they made a name for themselves with their quirky movie Cloudy with a Chance of Meatballs. Now, they're tackling the real world with a remake of the classic show 21 Jump Street. While their version won't be a drama and won't star Johnny Depp, previews seem to show that Jonah Hill and Channing Tatum will do well in the new comedic iteration.

Adam Scott stars in Friends with Kids. GETTY IMAGES

Adam Scott is all smiles since he discovered comedy

Friends with Kids. Actor says that the camaraderie in the world of comedy offers him 'a nice way to work'

DOROTHY ROBINSON
Metro World News in New York

It was a role in the comedy Step Brothers that gave dramatic actor Adam Scott his big break.

"It was a fluke, honestly," says the actor on landing his role as Will Ferrell's conceited biological brother in the 2008 comedy. "It was so fun and exciting; no day was ever the same," he remembers.

"That and [Starz comedy series] Party Down took me in a new direction. I never looked back."

Discovering his comedic acting chops was a happy accident for Scott, because once he discovered he could do comedy — and do it quite well — the chummy, creative L.A. comedy scene invited him into their fold.

"Before, I was chasing some brass ring that never really existed and trying to get guest spots and dramatic roles. It wasn't until I found the comedy scene that I started creating my own destiny," he says. (Scott currently stars in NBC's hit comedy Parks and Recreation).

"We take things from the ground up, and everyone is very inspired by each other. We like to help each other out with projects. It's a nice way to work."

A nice way — and also a fruitful one, as it was his friends who helped him land his first big starring film role in the new indie dramedy Friends with Kids.

"Jen and Jon have been friends of mine for a long time, and they asked me to do it," says Scott (that would be the film's writer, director and lead actress, Jennifer Westfeldt and her boyfriend, Jon Hamm, who acts in the film as well as serves as an executive producer).

In the film, Scott stars as Jason, who, along with his best friend Julie (Westfeldt), sees how children wreck their friends' romantic relationships.

They decide to have a child together while keeping their relationship platonic.

Kids of his own

For Scott, who is also a father to two young children, Friends with Kids really rings true.

- "The film astutely observes things about the way you feel when you have a kid that I'd never seen in a movie before. I couldn't believe that she was able to harness [those feelings] not having kids of her own," he says of the film's writer, director and lead actress Jennifer Westfeldt.

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Ruth burned away her belly-fat and fits into her wedding dress again!

Ruth feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

Ruth's story

"After having 5 children, I had a hard time burning that extra fat. As the years progressed, I never viewed myself as being overweight, but I always struggled with fat on my stomach. At 55, I found myself constantly dressing to disguise my belly, staying away from tight clothes and the like.

People noticed my new figure

I read about **Chili Burn** in a magazine and thought I'd give it a try. I purchased the supplement at my local pharmacy and started taking it in July 2011. Now, 6 months later I have lost my belly fat and people really notice it. They all want to know my secret, so I recommend **Chili Burn** to family, friends, and acquaintances and really encourage them to try it out. This product will suit anyone who would like to burn fat with natural ingredients and be side effect free. I highly recommend it."

Ruth Veldstra, Hagersville, Ontario

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Leaked photos

Heather Morris ALL PHOTOS GETTY IMAGES

THE WORD
Dorothy Robinson
scene@metronews.ca

Heather Morris naked? Yawn

Nude photo "scandals" are becoming about as fun to write about as celebrity divorces. (Meaning: they're becoming a dime a dozen.)

The latest celebrity to fall victim to a phone hacking scandal? Glee star Heather Morris. A week after Olivia Munn and Mad Men star Christina Hendricks were hacked, naked photos of Morris in various risqué, naked poses were leaked on Sunday night. There's been no comment from Morris' team regarding the leak.

Before I jump into a few thoughts on this: Yes, I'm paid to think about the implications of nudie pics, and yes, my parents are very proud of me.

Now then. Why are these pictures always nude self portraits? And where are the pics they (should) be receiving in return? Honestly, by now aren't you all as bored of these "leaks" as I am? The only way this news will become exciting again is when a star's phone gets hacked and it'll have nude photos of other people on it.

Madonna juggles it all

Madonna

It's not easy being a single mother and having a career — not even for Madonna.

"I'm not going to lie — it's hard work having four kids and doing all the work I do," she tells the Sun. "It's a challenge juggling everything — multi-tasking is my middle name. I try to express that."

As for rebounding after her separation from ex-husband Guy Ritchie?

"Sometimes I cope with it very well, sometimes it's a struggle," she says.

Yes, it's true: Halle is engaged

Olivier Martinez and Halle Berry have kept fairly mum on their engagement, but Martinez is happy to confirm the news.

"Yes, of course we're engaged," he tells Miami.com at the opening of his new restaurant, Villa Azur. There are some things that Martinez would like to clear up, though:

"There is a jeweler taking credit for doing the ring and it's a lie," he says. "They have nothing to do with this."

Learning to deal with the effect of breakups

Time to wipe those tears and move on. Dr. Logan Levkoff, a relationship expert, has some advice for those going through

ROMINA MCGUINNESS
wellness@metronews.ca

Even the greatest loves come to an end. HANDOUT

Your issue: You can't eat, sleep or function properly. All you can think of is how much you miss being with them.
"It's normal to hurt and be sad whether or not your relationship was a good one or not. It took up a part of your life and now it's over, it's OK to mourn that. Think, 'that didn't work, what do I need from someone in my next relationship.

What are the things that are important to me and what are the things that I can let slide?'

This will help you figure out how to tackle things next time around. Surround yourself with people who make you smile, who let you unload and cry and be miserable but also are the first to tell you to snap out of it. Romantic relationships may come and go but you have friends in your life that might end up being more long term and monogamous."

Your issue: Being 'single' freaks you out. You don't want to get back together but you do miss being 'in a relationship'.
"Don't let a relationship define you. Remembering your success and worth in life isn't measured by your relationship status is hard in the light of things like the Facebook status icon.

Personal success should not be measured by relationship status as it's better to be single, fulfilled in life and have great friends than be unfulfilled physically or emotionally with a crappy partner."

Your issue: You can't stay away from them. One call or text from them saying they miss you and you're back in their arms as if nothing ever happened.
"There's a difference between going back to an ex for sex because you want some kind of physical outlet than going back because you hope it's going to work out despite your differences.

Evaluate who you are. If you're the kind of person who can have sex with an ex just for the sake of it, great, but not everyone can. If this is going to get you right back into that world where you're going to get your heart broken again it's not the best decision to make."

Your issue: You go out on the hunt. Finding a replacement will help you get over them. If you randomly bump into each other, you need someone on your arm to spite them.
"Deliberately going out and looking for a new relationship is a bad idea. There is a difference between randomly finding someone right after a break up that you have this great chemistry with to being on the hunt to replace the one you lost. That said, we sometimes develop great relationships at times we are not looking for them, especially right after we have broken up."

Your issue: You're constantly checking Facebook and twitter to see what they have been up to so you can sniff out possible new relationships.
"Know yourself. If you're the kind of person who knows that they will get a little crazy and stalker-like on Facebook and twitter, and that every time they post something this is going to send you over the edge and cause you to spiral downwards into misery then now would be the time to delete it and not give yourself access to those things."

The breakup playlist

Songs to match your playlist to your mood

- **So sad.** Adele: Someone Like You
- **Too bad.** Fleetwood Mac: Go Your Own Way
- **Cheesy.** Katy Perry: Part Of Me
- **On the ledge.** Taylor Swift: White Horse
- **Desperate.** Celine Dion: My Heart Will Go On

Celebrity breakups

Elizabeth Taylor and Richard Burton

The classic love hate scenario. At least she amassed a stack of diamonds by the end of it.

Elizabeth Taylor and Richard Burton

Seal and Heidi Klum

We're still in denial over this one. It should be illegal to break up when you make such cute babies.

Seal and Heidi Klum

Jennifer Aniston and Brad Pitt

Does anyone still care about this? Jen does, if you believe the tabloids. Which no one does.

Jennifer Aniston and Brad Pitt
HANDOUT PHOTOS

Breakup rules

The rules to dealing with a breakup

- **Love yourself first.** That puts everything into perspective.
- **Contain your pain.** Venting on Facebook or Twitter just makes you look immature.
- **Unrequited love.** If someone doesn't treat you as an equal, then it won't work.

3 LIFE

Feels good

Effective massage

Massages can be as effective as painkillers. Scientists at McMaster University in Hamilton, Ont., found that the pain reduction associated with a massage is of a similar mechanism to anti-inflammatory drugs.

Metro World News

A new study shows

Death of the king-sized candy

M&M binge days are officially over. By the end of next year, chocolate manufacturer Mars will be capping the calorie content per bar to 250 calories or less. As the world gets fatter and fatter, any counteractive plan is welcome. But will this stop you from buying two bars if one isn't enough?

On the Web

Eating disorders a 'secretive disease': experts help parents spot the signs

Best Health

Fast food nutrition revolution

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Did you know that one-quarter of all household food dollars in Canada is spent in restaurants? In this issue of Best Health magazine, journalist John Lorinc dug deep into which restaurants have given their menu selections a healthy makeover, and which ones still have a long way to go.

Canadians, like others in developed nations, are living with the consequences of a poor diet and sedentary lifestyle. Kids are often the primary victims: increasingly, they are driven to school, eat fast food or junk food on the fly, and spend more time in front of the screens than playing.

Fortunately, eating trends have begun to shift, thanks in part to popular films like Super Size Me, and the high-profile advocacy of chefs like Jamie Oliver and teacher (and Best Health contributor) Paul Finkelstein, a leader in Canada for advocating better school nutrition. The restaurant sector has in recent years significantly reduced the amount of trans fats in fried foods and a growing number of companies are now looking at their use of salt.

See the full story – along with some eye-opening nutrition information of restaurant meals at Canada's most popular chains – in the new issue of Best Health.

To stretch or not to stretch

A new study seeks to dispel old myths. Shows that there is near-zero effects on preventing injury

CELIA MILNE
life@metronews.ca

Should you stretch before and after exercise?

It might help you get fired up, but it won't prevent soreness and injury later on. That's the definitive answer to this age-old question, thanks to Australian researchers. Scientists in Melbourne recently reviewed 12 randomized trials on stretching and found "near-zero" effects on muscle pain.

"I would like to dispel the myth that stretching prevents injury or muscle soreness after exercise," says lead author Nicholas Henschke (PhD), research fellow at the Musculoskeletal Division at the George Institute for Global Health in Sydney, Australia.

This neutral finding was found across the board: in both men and women, no matter where the testing was done, no matter how intense the stretching, and no matter whether subjects were athletic or untrained.

An earlier large-scale review done in Hong Kong in 2011 found that stretching does not prevent soft-tissue injuries such as muscle strains and sprains.

To say that stretching keeps you healthy is – well – a stretch! Melbourne reviewers did say it may help pump you up for exercise.

The latest in the stretching debate is that it does not prevent injuries. ISTOCK IMAGES

Perhaps you'll run faster or play better.

"While there may not be evidence to show that stretching can reduce injury or muscle soreness," says Henschke, "it could have other benefits. For example, it is widely believed that stretching can improve sporting performance or produce a feeling of readiness for exercise." The article was published in the British Journal of Sports Medicine.

Are you cut or uncut? Circumcision can help prevent prostrate cancer

Attention uncircumsized men. According to one new study, transmitted infections can lead to prostate cancer, as they can cause chronic inflammations that create a hospitable environment for cancer cells to form.

Researchers at Fred Hutchinson Cancer Research Center assessed the extent to which circumcision — the surgical removal of some or all of the foreskin from the penis — hindered the risk of catching infections and subsequently developing some cases of prostrate cancer. The inner foreskin is tougher in

circumcised males, and the moist space under it, where pathogens can survive, has been removed.

ROMINA MCGUINNESS/ METRO WORLD NEWS

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Thoughts On...

Dealing with going through life transitions

Throughout the course of our lives, we experience many endings and beginnings. Transitions are as natural as night and day.

With each transition we have the opportunity to look at who we are, where we're headed, and what we really want out of life. This period of self-reflection can lead to a new phase of stability and growth.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

Oxford finds a 'chemical cure for racism'

Study finds drug reduces negative associations. Results now raise ethical questions

KIERON MONKS
wellness@metronews.ca

After generations of struggle, could there be a bite-sized solution to racism? Researchers at Oxford University have found that the blood-pressure treatment drug propranolol dramatically reduces prejudice in test subjects.

The team gave 'implicit association tests' to white volunteers with and without the drug, recording the words they associated with images of black people. Prejudice was three times higher without propranolol, the drug prescribed for angina and irregular heartbeats

"The drug suppresses basic emotions like fear," head of study Sylvia Terbeck told Metro.

She believes this is a significant breakthrough in the psychology of racism.

"This proves there is a lot of fear (in racism.)"

Yet the implications are far from clear-cut.

"It's an interesting area of research but it also raises serious ethical questions," says Adam Kolber, a psychologist at the Brooklyn Law School.

He feels that if the results are accurate, there could be a time when people are pressured to take such drugs — perhaps as a condition of parole for prisoners.

Kolber also questions the methodology.

Although the implicit association test is respected, implicit racism is "hard to measure" and can result in "superficial" analysis.

The research does not address explicit racism.

Although Terbeck's study is causing excitement in psychology circles, anti-racism campaigners are worried this approach could detract from grass-roots efforts.

"We should be convincing people that racism is wrong instead of papering over the cracks with this miracle cure." Youth Against Racism spokesman Ian Pattison said.

Confronting hate is the only solution to getting rid of it. ISTOCK PHOTOS

Concerns

Despite ethical concerns, the Oxford team is pressing ahead with its research.

- **Pushing ahead.** Head of study Sylvia Terbeck expects the next phase will be to actively 'seed' prejudice into subjects.
- **Confronting issues.** Youth Against Racism in Europe spokesman Ian Pattison added that prejudice needs to be actively confronted

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L-Eat Express: Quick doesn't always equal made-to-order

Roast Beef Sandwich, Asian Chopped Salad and soup. STEPHANIE DICKISON

LUNCH RUSH
Stephanie Dickison
life@metronews.ca

L-Eat Express caters to both quick take-out and luxuriating over a meal in the bright, open space.

Eating in doesn't necessarily get you made-to-order fare, though. Ordering a salad, I am prompted to the already packaged ones and the sandwich too is pre-made, then simply heated on the grill.

The Roast Beef Sandwich ($7.50), according to the menu, comes with horseradish cream and caramelized onions. After close inspection, only microscopic bits of onion are found underneath the mound of arugula. Asian Chopped Salad ($9.50) features a soft, plump, sliced sesame chicken breast, an absurd amount of napa cabbage, but almost none of the listed mango, snow peas or carrots. The sesame dressing is flavourless.

But the Soup ($3) today, a lovely mix of broccoli and cauliflower, is beautifully orchestrated and full of fresh flavours, accompanied by a slight heat.

The problems here are fixable. In the meantime, have some soup.

Visiting the restaurant

L-Eat Express

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Website. leatexpress.com

Rating. 2.5/5

Reservations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. No

Basque Chicken Stew.
Thighs are the base for vibrant Spanish dish

Ingredients

- 2 tomatoes
- 500 g (1 lb) boneless, skinless chicken thighs
- 30 ml (2 tbsp) olive oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- 45 g (1 1/2 oz) prosciutto
- 2 cloves garlic, minced
- 2 ml (1/2 tsp) each salt and smoked paprika
- 1 ml (1/4 tsp) pepper

1 Cut tomatoes in half crosswise. Gently squeeze out seeds and chop; set aside. Trim off excess fat from chicken thighs; cut each in half.

2 In large saucepan, heat 15 ml (1 tbsp) of oil over medium heat; cook chicken, in batches, 3 minutes per side or until golden. Transfer to plate.

3 Add remaining oil to pan; cook onion and red pepper for 3 mins. or until softened. Add ham, garlic, salt, paprika and pepper; cook 1 minute. Stir in tomatoes. Nestle chicken in sauce and bring to a simmer; cover and simmer for about 15 minutes or until juices run clear when chicken is pierced. **FOODLAND ONTARIO/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)**

Classic deli flavours get all rolled up

A stromboli is kind of a cross between a grinder and a calzone. Bread dough is rolled out, filled with sliced meats, cheeses and vegetables, then rolled up and baked.

To serve, stromboli are simply sliced like a loaf of bread, creating a spiral baked sandwich that is perfect for large parties. If you like, you also can serve sandwich condiments (or even warmed marinara) alongside the stromboli slices for dipping.

1 Coat baking sheet with cooking spray. In skillet heat oil over medium-high and cook vegetables and garlic, 10 mins. or until tender and any liquid has evaporated.

2 Stir in olives, capers and Italian seasoning. Season with salt and pepper, then set aside to cool slightly.

3 On lightly floured surface, roll out dough to 30-by-40-cm (12-by-16-inch) rectangle. Arrange sliced meat over dough, leaving a 2.5-cm (1-inch) border on longer sides, as well as the end farthest from you. Spread cooked vegetables over meat, then sprinkle with cheese

4 Starting with side closest to you, roll stromboli up like log. Pinch seam and ends to seal. Transfer to prepared baking sheet with seam on bottom.

5 Using paring knife, make 3 deep slits in top of loaf. Heat oven to 190 C (375 F). Let stromboli rest for 20 minutes while oven heats.

6 Bake 50 minutes or until a meat thermometer inserted at centre reads 83 C (180 F). Outside should be golden brown. Let cool for at least 20 minutes before slicing. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

This recipe serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- Cooking spray
- 15 ml (1 tbsp) olive oil
- 500 ml (2 cups) chopped raw vegetables, such as peppers, onions and mushrooms
- 2 cloves garlic, minced
- 50 ml (1/4 cup) chopped pitted kalamata olives
- 15 ml (1 tbsp) drained chopped capers
- 5 ml (1 tsp) dried Italian herb seasoning
- Salt and freshly ground black pepper
- 1 ball pizza dough (about 550 g/20 oz)
- 285 g (10 oz) sliced deli meat, such as salami and ham
- 250 ml (1 cup) grated provolone or mozzarella cheese

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Advice

Company on the road to recovery

Dear Sisters,
I'm a recovering alcoholic and my husband, although supportive on the surface, seems to be more concerned with how inconvenient it is for his lifestyle and gets jealous when I spend time with my male friends from the meetings. How can I get him to help my recovery instead of being so self-centered?
AA.

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Claire: Dear AA,

Please see Step 8 of the 12 steps of AA, which requires you to make amends to all those you have harmed as a result of your addiction. I'm guessing that you two have been through a lot these past few years, and yet he's still there next to you. And I'm guessing that he has as much to recover from as you do, so you owe each other compassion, kindness and a lot of time and healing.

If he has a hard time with this aspect of your recovery, think about why, and see if you can find a compromise, together. Good luck to you both, and well done.

Andrea: Dear AA,

First off, congratulations on taking the road to recovery — it's an incredible transformation from where you were.

As you are creating this new life, it's normal for others around you to have to catch up, even if the change is for the better. If you can find a way for your husband to participate in the process with you, he should feel less defensive about your male friends.

This will help strengthen your relationship in the long run. Remember the saying "work hard, play hard," though. Making time to enjoy each other and to fall in love again is just as important to your success. Namaste!

Remember: Etiquette is for everybody, everyday

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

You don't need Nanny McPhee's magic to improve your kids' table manners. HANDOUT

Dear Charles, I love your column. And now I'm in need of some advice. Do you know of any courses in etiquette? I ask because I would like to help children with etiquette, especially those with less advantaged backgrounds. However, I can't find any courses in Toronto.
Yours truly, Roberta

Dear Roberta,

Thank you for your kind words about my column. It is so much fun to write and I consider myself very lucky to work with all of you readers.

Regarding etiquette classes for children, I have looked across Canada and have not found any as of yet. What I have seen however, is sometimes a local church or private club will invite an etiquette expert in their area to speak to their members and sometimes they will do a children's class. I believe very strongly that if this is something you believe in, that you should organize a group in your local area and invite an etiquette expert to come and speak.

Remember etiquette is not for rich or snobby people; etiquette is for all of us, everyday. I believe that children who are taught etiquette lessons when they are young have better opportunities in life and in business because of their social skills. And selfishly, it is just so much nicer for all of us to be around someone with good manners!

So go out there, get something organized and let us know how it goes. If you write to me I will do my best to guide you and your group through the process!

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Reality check: Are we just a bunch of money dummies?

Financial literacy. Canadians still have a long way to go when it comes to being savvy about spending and saving

YOUR MONEY
Alison Griffiths
money@metronews.ca

If there's a growth industry in Canada over the past several years it's been financial literacy. We have seminars, forums, conferences, gala dinners, government pronouncements and umpteen columns and blogs by personal finance writers all aimed at promoting and improving financial literacy. Heck, we Canadians even have a financial literacy month — it's November if you didn't already know!

So how have we done?

Not that well, according to a survey just released by the Financial Consumer Agency of Canada.

The agency asked five questions of more than 2,000 Canadians. Shockingly, only four per cent of respondents got all the questions right and only 23 per cent correctly answered four of the five. And these questions were hardly stumpers! Take the true or false test yourself.

1. When you open an account, the bank must give you a written statement of all service fees and charges.
Correct answer: True. If you got this one right, you're in good company, as 80 per cent of those surveyed did also.

2. You won't pay interest on a cash advance as long as you pay your credit card balance in full by the due date indicated on your statement.
Correct answer: False. Only 40 per cent got this right and it can be a costly mistake as interest is charged the minute you withdraw the money.

3. A bank cannot refuse to open an account because a person has filed for bankruptcy, doesn't have a job or has no money.
Correct answer: True. Only 35 per cent knew about this basic right.

Alison's money rule: If you are aiming for financial literacy, start by testing your basic assumptions. ISTOCK PHOTO

4. If you want to pay off or renegotiate your mortgage before the maturity date, you will never have to pay a penalty greater than three months' interest.
Correct answer: False. Sixty-one per cent got this one wrong and it too can be a costly mistake.

How do joint accounts work?

- Sharing: 86% of Canadians know that joint account holders have equal responsibility for their chequing and savings accounts.

5. Financial institutions allow account holders to share their PIN with other family members, such as a spouse.
Correct Answer: False. Heartening, 67 per cent got this correct.

While there was some encouraging news in the survey results, overall the fact is Canadians still have a long way to go until they are financially literate.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM

Protect your money

Don't let a fraudster steal your hard-earned savings. ISTOCK

March is fraud prevention month

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I 'win a free cruise' by way of an unsolicited phone call at least once a month. I don't know why or how my phone number is made available to these fraudsters, but it happens and it irritates me.

Fraud prevention is important so that you don't end up in a poor financial position you didn't create.

Take a common sense approach to protecting your personal and financial information. If an offer looks too good to be true, it probably is!

If you don't recognize a phone number, don't pick it up. Let it go to voice mail. Legitimate people will leave a detailed message and request a call back. If someone you don't know wants your personal information or to sell you a suspicious product or service, stop talking to them!

Beware of individuals that try to sign you up for a sales program that looks like a pyramid or Ponzi scheme. If you get a bad vibe from someone, or the company they are associated with, don't ask them for referral. You'll need to conduct independent research.

When surfing the Internet or social networking, limit the amount of information you disclose.

Never give out your address, phone number or banking information.

If you're shopping online, ensure the payment website is secure. If you're not sure it is, call the company that makes the product directly and talk to the privacy officer. Never click on a pop-up window, especially if the advertisement is requesting your personal information.

If you receive email requests for information, verify the message and sender using a third party unrelated to the message.

Change your passwords regularly and try to make them difficult for fraudsters to guess, but easy for you to remember. Typically a combination of numbers and letters is best. Check that your computer's operating system is fully updated and that you have a robust security system that includes a personal firewall, anti-spam, anti-virus and anti-spyware.

Log off everything; especially online banking!

If you slack off protecting your information, your identity could be stolen, resulting in financial ruin. Don't leave yourself vulnerable to fraud!

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Try to accept rejection as an opportunity to learn rather than a defeat. ISTOCK

The right way to go when the answer they give you is 'no'

Thanks for coming out. Each job hunt isn't a success story, but the way we bounce back from rejection can speak volumes about our character

JULIA WEST
Metro World News in Philadelphia

The job market is difficult, sure, but knowing how to deal with job rejection will give you the edge over your competition.

Don't get downtrodden, don't feel hopeless and, whatever you do, don't take it personally.

Process what went wrong

Don't beat yourself up — just examine what happened and plan how to make a better impression in the next interview.

"Monday morning quarterbacking has a place," says relationship advisor and author April Masini.

"Rejection is always an opportunity to build on who and what you are."

Get back in the networking game

There's no reason to be embarrassed that you need a little extra help.

Reach out to the connections you already have — they might be the link between you and your next job.

"Avoid cold-calling by working with your existing contacts to help introduce you to others," suggests Michelle Coussens, dean of the School of Business at Kendall College.

"So many people have lost jobs, they are often happy to help someone else in their search."

Keep applying

Don't waste a minute waiting for a company's response to your job application. Stop refreshing your email and continue on with your search for that elusive new job. The more you dwell, the less ahead you will get.

"If you don't get this one, you'll have other irons in the fire, which, psychologically, is a much better position to be in when you get a rejection letter — rather than having to start from scratch with the weight of the [rejection] on your back," says Masini.

The specific CV

Give yourself a better chance at scoring the job of your dreams:

- **Avoid the interview crickets.** Make sure your resumé is tailored to each position for which you're applying.
- **"People often have the wrong resumé," says career psychologist Eileen Sharaga.** "They want to be all things to all people, but they need to focus a resumé that clearly positions them in a specific job."

Workplace Law

Complicated contracts

WORKPLACE LAW
Daniel Lublin
dan@toronto-employmentlawyer.com
Twitter: @danlublin

Pretty much anything can be incorporated into an employment contract. Employees should beware of these terms.

Probationary periods: Agreeing to a probationary period allows an employer to dismiss for reasons that are otherwise insufficient, as long as a proper audition is given. It needs only to show that, in its opinion, the employee was unsuitable for the position. If these considerations are fairly assessed, the employer can end the relationship with impunity by providing only minimum notice or pay.

Post-employment restrictions: An employee's only duty when leaving a job is to keep confidential information or trade secrets confidential — unless other specific post-employment duties or restrictions are written into the contract. If the contract is properly drafted, employers can prevent employees from soliciting clients, working for a competitor or even working in their industry post-departure.

Notice of termination: Employees are entitled to be treated fairly upon termination, meaning they must generally receive a fair warning or severance. However, employers can contract out of these requirements, in which case employees will receive less far less than what's considered fair.

Contractual changes: Can the contract be modified or changed? Once the job begins, significant changes that negatively affect an employee are prohibited, without a sufficient warning or that employee's consent. Courts will, however, look to the contract, and if a clause clearly provided for that change, the employee had basically already agreed to it and is left without a remedy.

Independent contractor agreements: Often people believe they are being hired as employees but the contract they signed says otherwise. Independent contractors are not entitled to the protections of employment standards legislation and have very limited protections compared to employees.

Pre-employment promises: Unless a contract requires it, employers have no obligation to raise salaries, pay bonuses, provide profit sharing or stock options, or increase vacation time. They must only comply, in good faith, with the bargain that was made. If there is something worth negotiating for, get it in writing before signing the deal.

DANIEL A. LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN.

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YMCA extends hand to troubled youth

Caring for the kids.
Organization amps up efforts to reach a younger generation

Two years ago, Caitlynn Stranger saw the YMCA as nothing more than a place to hang out and get into trouble.

While loitering behind one of its Winnipeg branches with friends and clashing with authority figures who questioned her presence there, she never imagined the inside of the building would have any appeal.

But when Stranger began doing some community work, the Y soon took on a different role in her life.

Hours pushing a broom through the building soon led to involvement with one of the organization's after-school sports programs for primary school children from troubled neighbourhoods, then to a month at a YMCA summer camp for at-risk youth.

Two years after furtively sneaking onto the grounds, Stranger now walks through the front door after school to teach children how to use the Y's climbing wall.

The extracurricular programs that have filled her leisure hours during those years, she says, have almost single-handedly saved her from the influence of peers who were leading her down a dangerous path.

"If I had activities to do, I don't think I would have gotten involved in any of that," Stranger, 17, said in a telephone interview.

"I would have met more people that were good for me and weren't involved in that stuff to begin with."

Stranger was the beneficiary of the YMCA's youth outreach strategy, which the organization describes as the hidden face of its operations.

YMCA Canada chief executive Scott Haldane said more than two million children and young adults walked through the Y's doors last year to take part in the organization's array of youth programs, adding the figure has soared by up to eight per cent in the past decade.

The fitness and recreation facilities that have given the Y nationwide brand recognition barely touch on the complex needs of the young people the organization serves, he said.

After-school childcare, youth employment training seminars, language skills classes for new young immigrants, after-school leadership courses and summer camp programs all fall under the auspices of the organization's youth strategy, he said.

"Research demonstrates that many of the factors that influence whether you're going to live a healthy life have to do with things like your income level, your education level, your social network. They don't have to do with things like hospitals and doctors," Haldane said.

"One of the things we've done is really realized that if we're going to have an overall impact on the health of children of Canada, which frankly doesn't score very well, we have to help low-income people have access to programs and reach out to make sure that education and recreational opportunities are there."

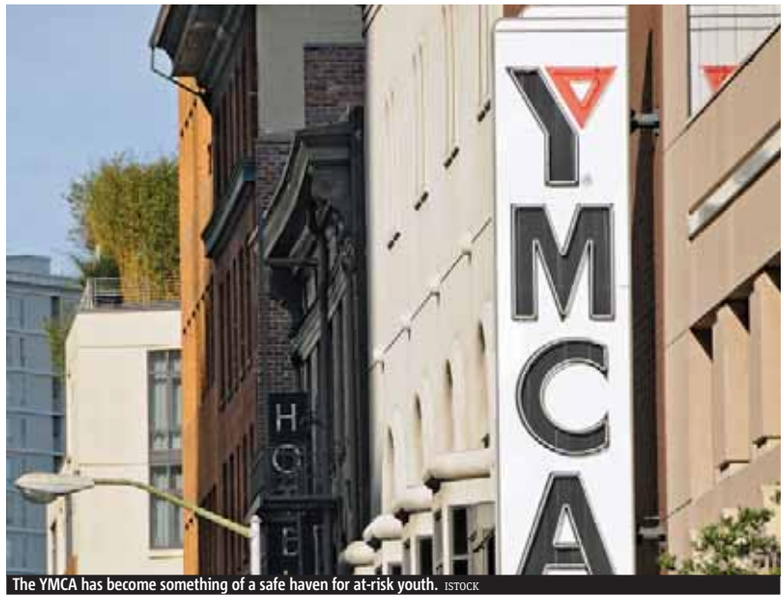
Haldane said the organization picks up the tab for at least a quarter of its youth participants, who often come from troubled circumstances and lack the financial resources to take part without help.

A current campaign to raise $10 million, he said, would allow the organization to keep pace with rising demand and hopefully expand to more remote communities crying out for relief. THE CANADIAN PRESS

Quoted

"Research demonstrates that many of the factors that influence whether you're going to live a healthy life have to do with things like your income level, your education level, your social network."

Scott Haldane. chief executive of YMCA Canada



The YMCA has become something of a safe haven for at-risk youth. ISTOCK

Tough stuff

A safe space to learn

- Tahirah Stanley, 22, said she routinely confuses the sounds of fireworks with the noise of fatal gunshots in her Toronto neighbourhood, one of which struck down a childhood friend just months ago.
- The after-school programs at the YMCA that consumed her time as a teenager, she said, gave her the tools to offer resources to the community she loves in spite of its tensions.

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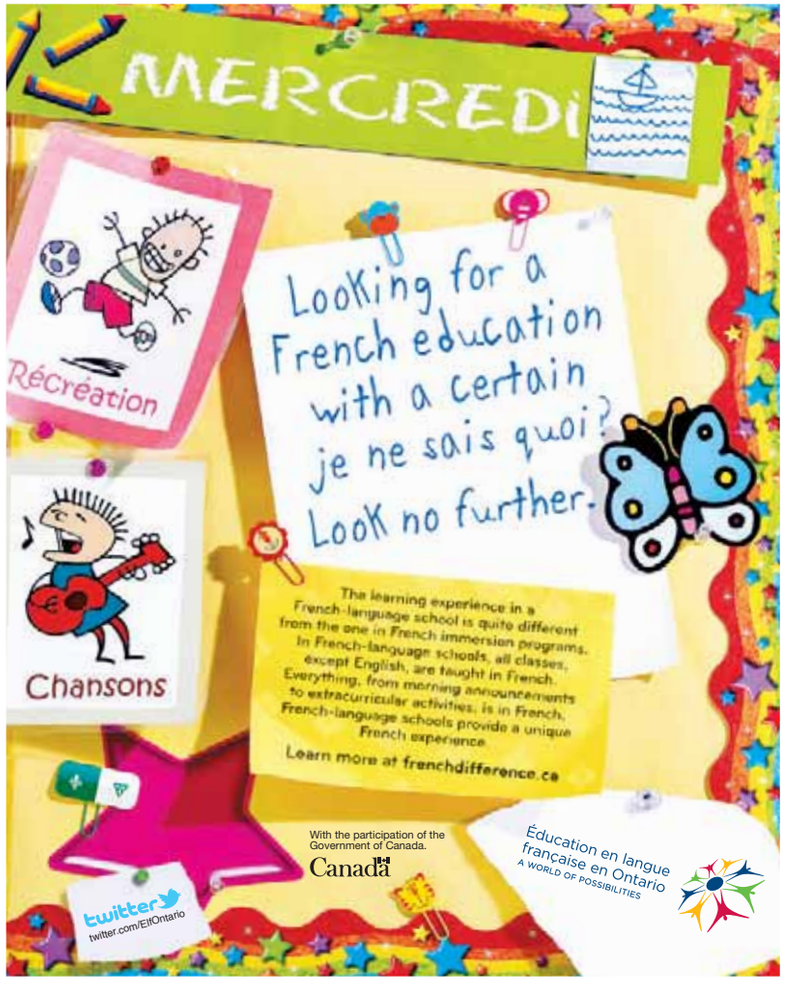
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Amateur interviewees.

A few expert tips on acing that very first meeting as a first-time job hunter

BRUCE WALSH
life@metronews.ca

The dreaded job interview is a crucial hurdle to entering the job market. Author Lindsey Pollak's book, Getting from College to Career, was recently re-released by HarperCollins and updated to reflect the changing economy and technologies.

What's the first step to preparing for a job interview?

The biggest mistake people make is saying, "I'll just be myself. I'll wing it." You need to research the organization. Visit its website, follow it on Twitter or Facebook, find out something about its products and services, culture, competitors and CEO.

How can you weave that information into the conversation in a natural way?

A lot of people go into interviews only thinking about themselves: "How am I going to make them think that I'm great?" But if you can think about it from their perspective, you can really help yourself. They don't just want someone great; they want a great fit for who they are.

The goal is to sound more like a peer or an industry insider, rather than someone starting from the beginning.

What are some common beginner mistakes?

I'm always surprised how many recruiters say people are late or dressed improperly.

Another obvious no-no is leaving your cell phone on during the interview. Don't tell them you're interested in other fields.

It's OK to have other interests, but your job in the interview is to get that specific job. Don't talk about anything salary-related in the initial interview.

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4
SPORTS

Leafs preview

Toronto at Florida, 7:30 p.m. (Sportsnet Ontario)

The Maple Leafs (30-31-8) look for something positive when they hit the road to face Florida (32-23-13). Toronto has one win in its last 10 games. The Panthers hold a one-point lead on the Southeast Division after defeating Carolina 2-0 on Sunday. Jose Theodore made 34 saves to earn his third shutout of the season. Tomas Fleischmann scored his 22nd goal of the season, one short of his career high, and is tied with Kris Versteeg for the team scoring lead at 49 points.

THE CANADIAN PRESS

Vancouver's Manny Malhotra checks Montreal's Rene Bourque against the glass on Saturday. DARRYL DYCK/THE CANADIAN PRESS

GMs hope to make at least one rule change

NHL. Hybrid-icing policy may finally have enough support to be added to rule book

When NHL general managers sit down to discuss rule changes, two principles guide them through the decision-making process.

"Every time we make a rule it's about safety or scoring more goals," Carolina Hurricanes GM Jim Rutherford said Monday.

The 30 custodians of the game emerged from the first day of their annual March meeting feeling optimistic that they'll be ready to recommend a change that falls under each category.

After years of discussion, it looks like there is finally enough support to adopt a hybrid-icing rule that would see the faceoff circle being used as the marker where a play can be blown dead. It's already in place in NCAA hockey and is designed to keep players from crashing into the end boards while racing back for the puck.

"It makes sense, it makes it safer for the players," said Rutherford. "You're not going to get as many of those collisions right along the boards."

The second change that earned strong support was the elimination of hand passes in the defensive zone — an infraction that could become a penalty. The GMs feel too many players are using the ability to glove the puck with their hand as a tactic on faceoffs.

No official rule changes have yet been proposed.

While hybrid icing and the elimination of hand passes both earned the approval of the seven managers who discussed them in a breakout session Monday, they still need to be debated by the entire group before the meetings wrap up Wednesday. Twenty managers must give their support a rule for it to be passed on to the competition committee.

None of the other items on the agenda gained much support, including the possible re-introduction of the red-line. The majority of the managers also remain in favour of keeping the trapezoid that prevents goaltenders from playing the puck in the corners.

Among the other items discussed were the possibility of using video to review goaltender-interference calls, allowing players to "bearhug" an opponent and creating a ringette line across the top of the circles that would be used to blow down two-line passes.

"This is a great meeting," said Toronto Maple Leafs GM Brian Burke. "I think fans would be very impressed if they sat in the room and watched the time and care that goes into these discussions. The GMs take very seriously their role as custodians of the game.

"The discussions are detailed and soul-searching, it's important. I'm always impressed when I watch this group work."

The first day of meetings also included a video presentation from Brendan Shanahan, who heads the player-safety department in addition to handing out supplemental discipline.

The league is encouraged by what it believes is a change in player behaviour after the creation of new rules that govern hits to the head and charging over the last two seasons. They've seen far fewer dangerous hits as a result.

"I think we have smart players that adapt," said Philadelphia Flyers GM Paul Holmgren. "When you put in a Rule 48 or a Rule 41 and we made the changes that we've made over the last couple years, they're smart guys."

THE CANADIAN PRESS

Hybrid-icing rule

Under the new proposal, icing would be called if the defending player crossed the faceoff circle first.

- The play would be allowed to continue in instances where the attacking player was leading the race. "We don't want to eliminate the chase," said Florida Panthers GM Dale Tallon.
- Leafs GM Brian Burke had previously put it on the agenda for five years running without any success, but more support started to build after managers saw it in action at the summer research and development camp.
- A number of players have been seriously injured while racing for the puck, including Edmonton Oilers prospect Taylor Fedun, who shattered the femur in his right leg during pre-season and only recently started skating again.

Injury tally

No increase in concussions this season: NHL

The NHL says the number of concussions suffered by players this season is on par with the amount that occurred a year ago.

That's viewed as a positive development by the league's player-safety department, particularly with all of the focus on those types of injuries and the belief teams and players are doing a better job of identifying them.

"What I can say is we're continually looking at all ways to bring this number down," Kris King, the NHL's vice-president of hockey operations, said Monday. "The fact that it stabilized after a huge increase from two years ago is a positive, I think."

As a policy, the league doesn't release the exact number of head injuries suffered by its players.

THE CANADIAN PRESS

Toronto's Edwin Encarnacion throws to first during the Blue Jays game against the Astros last Saturday in Dunedin, Fla. KATHY WILLENS/THE ASSOCIATED PRESS

Encarnacion has drive to diversify his game

MLB. Blue Jays DH has high hopes for season after working hard to rehab wrist injuries

All Edwin Encarnacion wants is an injury-free season to show what he can do.

The Toronto Blue Jays designated hitter has been hampered by injuries to his left wrist, which he says he has made stronger as part of an off-season fitness program.

"In the off-season I worked with my wrist every day," Encarnacion said. "This year is going to be different, I think."

He played 134 games last season, batting .272 with 17 homers and 55 RBIs. It's the most games the 29-year-old has played in three seasons with Toronto. He hit 21 homers in 96 contests in 2010.

"When you have a bad wrist, you can swing but it's not going to be the same," he said. "You're not going to have the same power, you're not going to have the same timing.

"Nothing is going to be the same."

He also has expanded his defensive horizons. Primarily a third baseman during his career, he added first base to his resumé last season.

Last September, he began to work on playing left field and played five contests there during winter baseball in his native Dominican Republic.

The work has continued in spring training as he played in left field late in Sunday's 9-5 win over Atlanta. He started at first in Monday's 4-1 win over Baltimore but finished in left.

The intention is to keep his right-handed bat in the lineup during interleague games in National League cities where the DH is not used.

Encarnacion also worked on his fitness during the off-season with a personal trainer.

"I did better work than last year," he said. "I've also been running a lot."

Added manager John Farrell: "I thought he was running well at the end of last year. He's in great shape, he's trimmed down and come in at I think a better playing weight. And he's moving very well.

"You can see it in his pre-game work at third base, it's much more fluid. Compliments to him for taking the initiative to come in the shape he is in."

Being versatile makes Encarnacion more valuable even though he figures to have most of his at-bats as DH.

"We've always taken the approach that we want our DH to be flexible enough to play a defensive position," Farrell said.

Encarnacion said his wrist was a little sore when he was playing winter ball.

"But nothing bad," he said. "I didn't want to play anymore.

"I wanted to come here to spring training to be 100 per cent because I don't want to be 80 per cent or 70 per cent. That's why I stopped playing."

Encarnacion relishes the challenge of learning new positions even if he does not have a reputation for being a stellar fielder.

"I trained myself to be ready to play third, first base or outfield, I feel great in all three positions," Encarnacion said. "I enjoy it.

"Before I didn't think I would be playing all those positions, I thought I was only going to play only third base. For me that's great, I can play any position. Not many people can do that."

THE CANADIAN PRESS

Powerful possibilities

"If I play every day and don't get hurt like what happened to me the last couple years I think I can put some numbers up there.... I know I can do it. I can hit 30 home runs."

Blue Jays DH Edwin Encarnacion's outlook on the 2012 season

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	68	43	18	2	5	188	148	93	23-7-0-2	20-11-2-3	5-3-1-1	W1
d-Boston	68	40	25	1	2	222	164	83	20-13-1-1	20-12-0-1	4-5-0-1	L2
d-Florida	68	32	23	5	8	166	191	77	17-9-1-7	15-14-4-1	5-3-0-2	W1
Pittsburgh	68	42	21	2	3	219	173	89	24-8-2-0	18-13-0-3	9-1-0-0	W9
Philadelphia	68	39	22	2	5	220	197	85	17-10-1-4	22-12-1-1	7-3-0-0	L1
New Jersey	69	40	24	2	3	195	179	85	19-12-0-3	21-12-2-0	5-4-1-0	W4
Ottawa	70	36	25	6	3	216	206	81	18-13-2-2	18-12-4-1	6-3-0-1	L1
Washington	69	35	28	3	3	184	193	76	23-10-1-2	12-18-2-1	6-3-1-0	W3
Buffalo	70	33	29	4	4	174	196	74	18-11-3-4	15-18-1-0	7-2-1-0	W2
Winnipeg	69	32	29	4	4	181	195	72	21-10-1-3	11-19-3-1	5-3-1-1	L2
Tampa Bay	68	31	30	4	3	191	233	69	20-11-1-1	11-19-3-2	5-4-1-0	L3
Toronto	69	30	31	4	4	200	212	68	16-13-3-3	14-18-1-1	1-7-1-1	L4
Carolina	69	26	28	9	6	181	207	67	17-13-1-5	9-15-8-1	4-2-2-2	L1
NY Islanders	69	28	31	7	3	159	201	66	15-15-5-0	13-16-3-2	3-5-2-0	L3
Montreal	70	27	32	3	8	185	196	65	12-15-2-6	15-17-1-2	3-6-1-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	70	45	18	1	6	183	135	97	28-4-1-3	17-14-0-3	9-1-0-0	W5
d-Vancouver	69	42	19	1	7	215	172	92	20-9-0-4	22-10-1-2	4-4-1-1	L1
d-Dallas	69	38	26	1	4	185	183	81	20-12-0-3	18-14-1-1	9-0-0-1	W5
Detroit	69	44	22	1	2	217	162	91	28-4-1-1	16-18-0-1	4-5-0-1	L1
Nashville	68	40	21	3	4	195	175	87	23-8-2-3	17-13-1-1	7-2-0-1	W2
Chicago	70	37	25	4	4	209	206	82	23-7-1-4	14-18-3-0	5-4-0-1	L1
Phoenix	69	34	25	3	7	178	173	78	18-12-2-3	16-13-1-4	5-4-0-1	W1
Calgary	69	32	25	5	7	173	191	76	18-9-1-4	14-15-4-3	4-2-1-3	W3
Los Angeles	69	32	25	5	7	154	152	76	17-13-0-4	15-12-5-3	5-4-0-1	W1
Colorado	70	36	30	3	1	183	187	76	20-15-0-1	16-15-3-0	7-3-0-0	W1
San Jose	67	33	25	4	5	184	173	75	19-11-2-1	14-14-2-4	2-6-0-2	L5
Anaheim	69	29	30	4	6	171	193	68	18-14-2-0	11-16-2-6	4-6-0-0	L2
Minnesota	69	29	30	2	8	150	193	68	15-13-1-3	14-17-1-5	3-6-0-1	L1
Edmonton	68	26	35	3	4	180	206	59	16-14-2-2	10-21-1-2	4-5-1-0	L2
Columbus	69	22	40	2	5	161	223	51	13-20-1-2	9-20-1-3	5-5-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Buffalo 3 Montreal 2 (OT)
Anaheim at Colorado
San Jose at Edmonton
Nashville at Phoenix
Sunday's results
Calgary 4 Minnesota 3
Washington 2 Toronto 0
Pittsburgh 5 Boston 2
Florida 2 Carolina 0
Los Angeles 3 Chicago 2 (SO)
St. Louis 2 Columbus 1
New Jersey 4 Philadelphia 1
N.Y. Rangers 4 N.Y. Islanders 3 (OT)
Tonight's games
All Times Eastern
Washington at N.Y. Islanders, 7 p.m.
New Jersey at Philadelphia, 7 p.m.
Boston at Tampa Bay, 7:30 p.m.
Toronto at Florida, 7:30 p.m.
Carolina at N.Y. Rangers, 7:30 p.m.
Dallas at Minnesota, 8 p.m.
St. Louis at Chicago, 8:30 p.m.
San Jose at Calgary, 9:30 p.m.
Detroit at Los Angeles, 10:30 p.m.
Tomorrow's games
Colorado at Buffalo, 7:30 p.m.
Ottawa at Montreal, 7:30 p.m.
Dallas at Winnipeg, 8:30 p.m.
Columbus at Edmonton, 10 p.m.
Phoenix at Vancouver, 10 p.m.
Detroit at Anaheim, 10 p.m.

CALENDAR

March 12-14 — NHL general managers meeting, Boca Raton, Fla.
April 7 — Regular season ends.
April 11 — Stanley Cup playoffs begin.

SABRES 3, CANADIENS 2 (OT)

First Period
1. Montreal, Cole 26 (Desharnais) 4:32
Penalties — None.
Second Period
2. Buffalo, Ennis 9 (D.Stafford, Foligno) 11:08
Penalties — Desharnais Mtl (hooking) 0:31, Roy Buf (high-sticking) 4:11.
Third Period
3. Buffalo, Ennis 10 (D.Stafford, Sulzer) 1:50
4. Montreal, Desharnais 15 (Cole, Pacioretty) 19:55
Penalties — Myers Buf (boarding) 13:12, Pacioretty Mtl (hooking) 13:27.
Overtime
5. Buffalo, Myers 8 (Roy, Pominville) 2:01
Penalties — None.
Shots

Montreal	6	7	12	3—28
Buffalo	14	9	12	1—36

Goal — Montreal: Budaj (L,3-6-2); Buffalo: Miller (W,25-18-5). **Power plays (goals-chances)** — Montreal: 0-2; Buffalo: 0-2.
Referees — Mike Leggo, Don Van Massenhoven.
Linesmen — David Brisebois, Greg Devorski.
Attendance — 18,690 (18,690) at Buffalo, N.Y.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	38	46	84
Stamkos, TB	48	34	82
Giroux, Pha	25	55	80
Spezza, Ott	29	44	73
Kessel, Tor	34	37	71
Kovalchuk, NJ	30	41	71
Karlsson, Ott	18	51	69
Hossa, Chi	27	40	67
Lupul, Tor	25	42	67
Elias, NJ	24	43	67
H.Sedin, Vcr	13	53	66
Neal, Pgh	31	34	65
Eberle, Edm	30	35	65
D.Sedin, Vcr	28	36	64
Tavares, NYI	27	37	64

Not including last night's games

SOCCER

CONCACAF CHAMPIONS LEAGUE

QUARTER-FINALS

SECOND LEG
All Times Eastern
Tonight's game
Monterrey (Mexico) vs. Morelia (Mexico), 10 p.m.
Tomorrow's games
Santos Laguna (Mexico) vs. Seattle (United States), 8 p.m.
Los Angeles (United States) vs. Toronto (Canada), 10 p.m.
Thursday's game
Pumas UNAM (Mexico) vs. Isidro Metapan (El Salvador), 10 p.m.

EUROPEAN CHAMPIONS LEAGUE

SECOND ROUND

SECOND LEG
All Times Eastern
Today's games
Bayern Munich (Germany) vs. Basel (Switzerland), 3:45 p.m.
Inter Milan (Italy) vs. Marseille (France), 3:45 p.m.
Tomorrow's games
Chelsea (England) vs. Napoli (Italy), 3:45 p.m.
Real Madrid (Spain) vs. CSKA Moscow (Russia), 3:45 p.m.

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Manchester United	28	21	4	3	68	27	67
Manchester City	28	21	3	4	69	20	66
Tottenham	28	16	5	7	52	34	53
Arsenal	28	16	4	8	57	39	52
Chelsea	28	14	7	7	48	32	49
Newcastle	28	12	8	8	40	41	44
Liverpool	27	10	9	8	30	26	39
Sunderland	28	10	7	11	36	31	37
Everton	27	10	7	10	28	28	37
Fulham	28	9	9	10	37	37	36
Swansea	28	9	9	10	31	34	36
Norwich	28	9	9	10	39	45	36
Stoke	28	10	6	12	27	39	36
West Brom	28	10	5	13	34	37	35
Aston Villa	28	7	12	9	31	35	33
Blackburn	28	6	7	15	40	60	25
Bolton	28	7	2	19	31	57	23
QPR	28	5	7	16	29	48	22
Wolverhampton	28	5	7	16	30	58	22
Wigan	28	4	9	15	24	53	21

Yesterday's result
Arsenal 2 Newcastle 1

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Real Madrid	26	23	1	2	88	23	70
Barcelona	26	18	6	2	75	19	60
Valencia	26	12	8	6	40	31	44
Malaga	26	12	4	10	37	37	40
Levante	26	11	5	10	37	37	38
Osasuna	26	9	11	6	31	40	38
Athletic Bilbao	26	9	10	7	42	34	37
Atletico Madrid	26	9	9	8	36	31	36
Espanyol	26	10	6	10	32	35	36
Rayo Vallecano	26	10	4	12	37	43	34
Real Sociedad	26	9	6	11	30	36	33
Sevilla	26	8	9	9	27	29	33
Getafe	26	8	8	10	27	35	32
Mallorca	26	7	9	10	26	32	30
Real Betis	26	9	3	14	31	38	30
Granada	26	8	4	14	22	37	28
Villarreal	26	6	9	11	27	40	27
Racing Santander	26	4	12	10	21	37	24
Sporting Gijon	26	6	6	14	24	48	24
Zaragoza	26	4	6	16	21	49	18

Yesterday's result
Villarreal 1 Getafe 2

GOLF

WORLD RANKING

Through March 11

1. Rory McIlroy	NIR	9.78
2. Luke Donald	ENG	9.09
3. Lee Westwood	ENG	8.12
4. Martin Kaymer	GER	5.88
5. Steve Stricker	USA	5.76
6. Charl Schwartzel	SAF	5.32
7. Justin Rose	ENG	5.14
8. Webb Simpson	USA	5.06
9. Jason Day	AUS	5.05
10. Hunter Mahan	USA	4.96
11. Adam Scott	AUS	4.93
12. Dustin Johnson	USA	4.89
13. Phil Mickelson	USA	4.81
14. Bill Haas	USA	4.62
15. Matt Kuchar	USA	4.59
16. Bubba Watson	USA	4.47
17. Graeme McDowell	NIR	4.45
18. Tiger Woods	USA	4.33
19. Nick Watney	USA	4.31
20. Keegan Bradley	USA	4.20
21. Brandt Snedeker	USA	4.06
22. Sergio Garcia	ESP	4.04
23. K.J. Choi	KOR	4.00
24. Peter Hanson	SWE	3.70
25. Mark Wilson	USA	3.52
26. Bo Van Pelt	USA	3.41
27. Paul Casey	ENG	3.34
28. John Senden	AUS	3.33
29. Thomas Bjorn	DEN	3.31
30. Ian Poulter	ENG	3.28
31. Robert Karlsson	SWE	3.24
32. Alvaro Quiros	ESP	3.23
33. Martin Laird	SCO	3.22
34. Simon Dyson	ENG	3.21
35. David Toms	USA	3.17
36. Louis Oosthuizen	SAF	3.14
37. Aaron Baddeley	AUS	3.10
38. Rickie Fowler	USA	3.10
39. Jason Dufner	USA	3.07
40. Anders Hansen	DEN	3.05
41. K.T. Kim	KOR	3.04
42. Fredrik Jacobson	SWE	3.02
43. Sang-Moon Bae	KOR	3.00
44. Francesco Molinari	ITA	3.00
45. Paul Lawrie	SCO	2.88
46. Zach Johnson	USA	2.82
47. Ryo Ishikawa	JPN	2.80
48. Ben Crane	USA	2.79
49. Kyle Stanley	USA	2.78
50. Geoff Ogilvy	AUS	2.70

LACROSSE

NLL

EAST DIVISION	GP	W	L	Pct.	GF	GA	GB
Philadelphia	9	5	4	.556	100	110	—
Rochester	10	5	5	.500	126	121	½
Toronto	9	4	5	.444	104	108	1
Buffalo	8	2	6	.250	93	105	2½

WEST DIVISION	GP	W	L	Pct.	GF	GA	GB
Colorado	10	8	2	.800	130	129	—
Calgary	10	7	3	.700	135	109	1
Minnesota	8	5	3	.625	103	92	2
Washington	10	3	7	.300	101	121	5
Edmonton	8	2	6	.250	83	90	5

WEEK 10
Sunday's result
Washington 11 Colorado 8
WEEK 11
Friday, March 16
All Times Eastern
Buffalo at Toronto, 7:30 p.m.
Saturday, Mar. 17
Edmonton at Philadelphia, 7 p.m.
Minnesota at Buffalo, 7:30 p.m.

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Detroit	6	1	.857
Toronto	8	2	.800
Boston	6	2	.750
Oakland	8	3	.727
Seattle	8	3	.727
Los Angeles	5	4	.556
Minnesota	6	5	.545
Baltimore	4	4	.500
Kansas City	5	5	.500
New York	5	6	.455
Texas	3	6	.333
Cleveland	3	7	.300
Tampa Bay	3	7	.300
Chicago	2	7	.222

NATIONAL LEAGUE

	W	L	Pct
Los Angeles	6	1	.857
San Francisco	8	3	.727
Miami	5	3	.625
Washington	5	3	.625
Chicago	5	4	.556
Houston	5	4	.556
Cincinnati	5	5	.500
Milwaukee	4	4	.500
Philadelphia	5	5	.500
St. Louis	3	4	.429
New York	3	5	.375
Arizona	3	6	.333
Colorado	3	6	.333
Pittsburgh	3	7	.300
San Diego	3	7	.300
Atlanta	1	10	.091

NOTE: Split-squad games count in the standings; games against non-major league teams do not.
Yesterday's results
St. Louis (ss) 5 Atlanta 4
Toronto 4 Baltimore 1
Detroit 7 N.Y. Mets 7 (10 innings)
Philadelphia 4 Pittsburgh 1
Minnesota 2 Tampa Bay 1 (10 innings)
Washington 8 St. Louis (ss) 4
Boston 5 Miami 3 (10 innings)
San Francisco 2 Kansas City 1
Chicago Cubs 8 Cincinnati 6
Oakland 9 Chicago White Sox 4
Cleveland 3 Arizona 2
L.A. Dodgers 9 L.A. Angels 1
Seattle 6 Texas 4
Colorado 11 San Diego 2
Houston 4 N.Y. Yankees 3
Tonight's games
All Times Eastern
Toronto vs. Minnesota at Fort Myers, Fla., 1:05 p.m.
Philadelphia vs. Houston at Kissimmee, Fla., 1:05 p.m.
Tampa Bay vs. Baltimore at Sarasota, Fla., 1:05 p.m.
Atlanta vs. Miami at Jupiter, Fla., 1:05 p.m.
St. Louis vs. N.Y. Mets at Port St. Lucie, Fla., 1:10 p.m.
Colorado vs. L.A. Dodgers at Glendale, Ariz., 4:05 p.m.
Milwaukee (ss) vs. Oakland at Phoenix, 4:05 p.m.
Chicago White Sox vs. San Diego at Peoria, Ariz., 4:05 p.m.
Texas vs. Cleveland at Goodyear, Ariz., 4:05 p.m.
Chicago Cubs vs. San Francisco at Scottsdale, Ariz., 4:05 p.m.
Cincinnati vs. Kansas City at Surprise, Ariz., 4:05 p.m.
Seattle vs. Milwaukee (ss) at Phoenix, 4:05 p.m.
L.A. Angels vs. Arizona at Scottsdale, Ariz., 4:10 p.m.
Detroit vs. Washington at Viera, Fla., 6:05 p.m.
Boston vs. N.Y. Yankees at Tampa, Fla., 7:05 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	34	9	.791	—
d-Miami	31	9	.775	1½
Orlando	27	15	.643	6½
d-Philadelphia	25	17	.595	8½
Indiana	23	16	.590	9
Atlanta	24	17	.585	9
Boston	21	19	.525	11½
New York	18	23	.439	15
Milwaukee	18	24	.429	15½
Cleveland	16	23	.410	16
Detroit	15	26	.366	18
New Jersey	14	29	.326	20
Toronto	13	28	.317	20
Washington	9	30	.231	23
Charlotte	6	34	.150	26½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	32	9	.780	—
d-San Antonio	26	13	.667	5
d-L.A. Lakers	25	16	.610	7
Memphis	24	16	.600	7½
L.A. Clippers	23	16	.590	8
Denver	23	19	.548	9½
Dallas	23	20	.535	10
Houston	22	20	.524	10½
Minnesota	21	21	.500	11½
Portland	20	21	.488	12
Phoenix	19	21	.475	12½
Utah	19	21	.475	12½
Golden State	17	21	.447	13½
Sacramento	14	27	.341	18
New Orleans	10	32	.238	22½

d — division leaders ranked in top four positions regardless of record.

Last night's results
Milwaukee 105 New Jersey 99
Charlotte 73 New Orleans 71
New York at Chicago
Washington at San Antonio
Detroit at Utah
Minnesota at Phoenix
Boston at L.A. Clippers
Sunday's results
Philadelphia 106 New York 94
L.A. Lakers 97 Boston 94
Cleveland 118 Houston 107
Milwaukee 105 Toronto 99
Orlando 107 Indiana 94
Memphis 94 Denver 91
Atlanta 106 Sacramento 99
Golden State 97 L.A. Clippers 93
Tonight's games
All Times Eastern
Toronto at Cleveland, 7 p.m.
Portland at Indiana, 7 p.m.
Miami at Orlando, 7 p.m.
Houston at Oklahoma City, 8 p.m.
L.A. Lakers at Memphis, 8 p.m.
Washington at Dallas, 8:30 p.m.
Atlanta at Denver, 9 p.m.
Golden State at Sacramento, 10 p.m.
Tomorrow's games
Philadelphia at Indiana, 7 p.m.
Toronto at New Jersey, 7:30 p.m.
Portland at New York, 7:30 p.m.
Charlotte at Houston, 8 p.m.
L.A. Lakers at New Orleans, 8 p.m.
Cleveland at Milwaukee, 8 p.m.
Orlando at San Antonio, 8:30 p.m.
Miami at Chicago, 9:30 p.m.
Detroit at Sacramento, 10 p.m.
Boston at Golden State, 10:30 p.m.
Atlanta at L.A. Clippers, 10:30 p.m.
Utah at Phoenix, 10:30 p.m.

CALENDAR

April 26 — Regular season ends
April 27 — Rosters set for playoffs, 3 p.m. ET
April 28 — Playoffs begin.

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Klutzy as the rest of us

As New York Yankees reliever David Robertson reminded everyone last week when he tripped while taking out recycling and bruised his foot, world-class athletes are susceptible to freak injuries despite being physical freaks of nature. Baseball players alone could fill up an ER when it comes to goofy accidents. Consider:

THE ASSOCIATED PRESS

1

David Price

The Tampa Bay left-hander had to leave a spring training start early last week with neck spasms brought on by drying his neck with a towel between innings.

2

Sammy Sosa

The former slugger once missed a month — a month! — after sneezing hard twice and spraining a ligament in his back.

3

Chris Coghlan

The Miami Marlins 2009 NL rookie of the year tore the meniscus in his left knee while trying to deliver a celebratory pie in the face to a teammate in July 2010.

4

Joel Zumaya

The former Detroit Tigers reliever missed three games in the 2006 American League Championship Series with inflammation in his wrist and forearm, apparently the result of too many hours playing Guitar Hero.

5

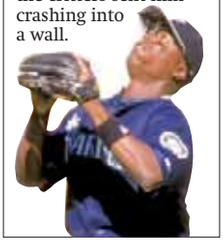
Kendrys Morales

The Los Angeles Angels first baseman broke his ankle when he and his teammates celebrated his game-ending grand slam two years ago.

6

Glenallen Hill

The former outfielder, who had a fear of spiders, wound up on the disabled list after a nightmare about the critters sent him crashing into a wall.



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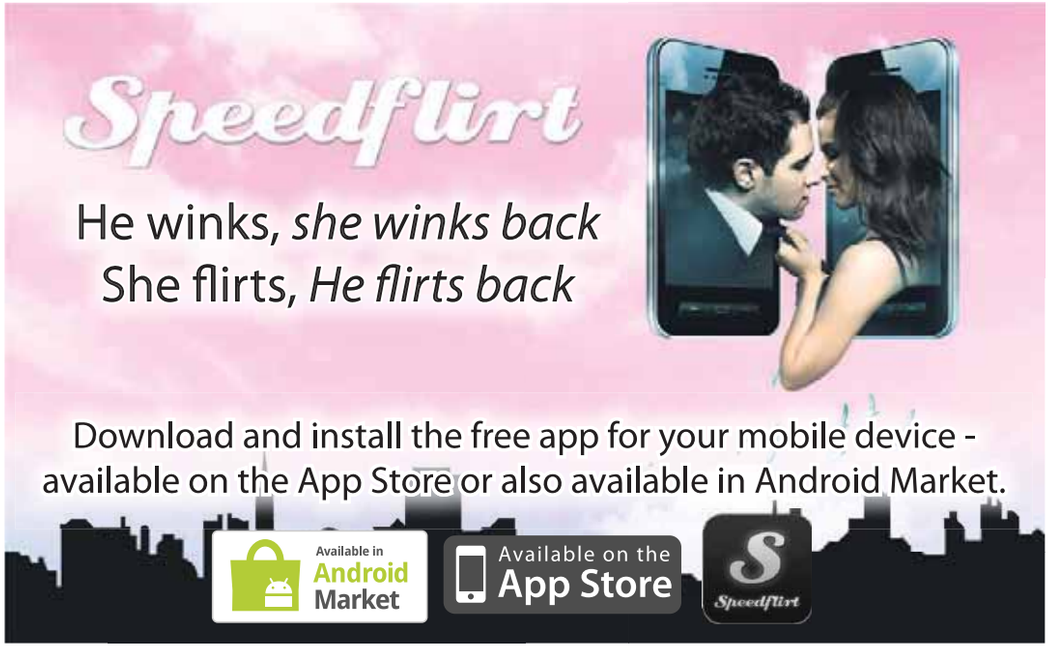
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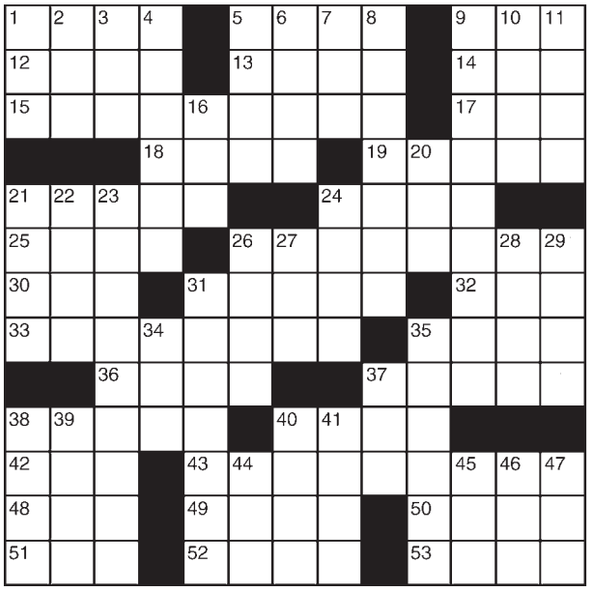
Crossword



Across

1 Paper quantity
5 Begged
9 Prepared
12 — Major
13 Threw
14 Boston cream —
15 1969 Peter Fonda movie
17 Anger
18 Golf target
19 Helped
21 Needed liniment
24 Formerly
25 Lather
26 Harassed
30 Spring mo.
31 Tea type
32 Has possibilities
33 Juniper variety
35 Cow palace?
36 Long-popular musical
37 Tubular pasta
38 Fluttering sound
40 Indiana politico Bayh
42 Stashed
43 Pillow filling
48 Eisenhower
49 Cabin makeup
50 Great Lake
51 Apiece
52 Fat
53 Landlord's due

Down

1 Regret
2 Historic time
3 Donkey
4 Willful violence
5 TV's Dr. McGraw
6 Source of wealth
7 Leading lady?
8 Madden
9 "Turn Off the Dark" hero
10 Ireland
11 Got ready to drive
16 Scepter
20 Hockey surface
21 Somewhere out there
22 Manage somehow
23 Autumnal drink
24 Smell
26 Hotel furnishings
27 Alias (Abbr.)
28 Deserve
29 Unit of force
31 "Stormy" seabirds
34 Ford or Lincoln
35 Binge
37 Standard
38 Lash
39 Raise, as prices
40 Advantage
41 Part of a three-piece suit
44 Debtor's letters
45 Raw rock
46 Victory
47 Trawler need

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer

O	O	H	S	■	W	O	K	■	A	G	E	S
P	R	E	M	I	E	R	E	■	C	O	R	A
S	E	M	I	N	A	R	Y	■	C	A	S	K
■	■	■	L	O	N	■	S	V	E	L	T	E
A	L	I	E	N	■	S	T	E	P	■	■	■
B	A	B	Y	■	P	L	O	T	T	E	R	■
A	C	E	■	B	R	U	N	O	■	T	O	W
■	E	X	P	L	O	R	E	■	A	U	T	O
■	■	■	R	A	M	P	■	P	R	I	C	E
W	A	S	A	B	I	■	S	H	E	■	■	■
A	L	L	Y	■	S	E	M	I	N	O	L	E
R	O	U	E	■	E	M	U	L	A	T	E	S
D	E	E	D	■	D	U	G	■	S	T	O	P

Sudoku

	9		7	2				
	4		1				2	5
		3	5			4		
						9	6	1
9				4				8
5	3	8						
		4			2	8		
3	6				1		7	
				7	6		3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer

3	4	8	9	6	2	1	5	7
7	1	5	3	4	8	6	2	9
6	9	2	1	7	5	8	4	3
1	8	6	7	3	4	5	9	2
4	2	9	5	8	1	7	3	6
5	7	3	6	2	9	4	1	8
9	3	7	4	1	6	2	8	5
8	6	4	2	5	3	9	7	1
2	5	1	8	9	7	3	6	4

Send a kiss

- **MUFFIN.** Do you remember when we said "I love you" to each other? That was a very long time ago, almost 10 yrs. I sit here now and think... How could I love you anymore then I do, but that is what I thought back in 2002. You have shown me the way a women is supposed to be treated, With Love and Respect. You are the LOVE of my life.. I love you more as each day passes!! From PIE
- **Bandri.** HEYY baby. cant stop thinking about you , my life is complete with you ..dont ever think of leaving me , muuaahhh a lots of hugs and kisses ....be mine forever as my Wife <3 Marry me. From Harmeet
- **True.** Waiting on a sunny day, they sure will come to us all. Your smile brings the morning light to my eyes and I'm hoping that you're coming to stay. :)
- **Nicki .** I love you with all my heart. From Tristan

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Wednesday 15°/8° Sunny
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Horoscope

Aries | March 21 - April 20. If you have so much to do that you really don't know where to start maybe you should call in an expert.

Taurus | April 21 - May 21. Fame, money and success are important, of course, but the planets are reminding you that there are others things in life you should be focusing on now.

Gemini | May 22 - June 20. It's not immoral to benefit from what your inner voice tells you. In fact that's the reason it's telling you.

Cancer | June 21 - July 22. Do you forgive someone who has hurt you? Your first duty is to protect yourself.

Leo | July 23 - Aug. 22. Make use of other people's knowledge and experience to get what you need.

Virgo | Aug. 23 - Sept. 22. Whatever task you are currently working on you must finish it quickly because by the end of the week you will be on the move again.

Libra | Sept. 23 - Oct. 22. You can get a great deal done with very little effort over the next 24 hours.

Scorpio | Oct. 23 - Nov. 21. If a proposed deal of some kind does not feel right to you then you should either find out more about it or, if that is not possible, give it a miss.

Sagittarius | Nov. 22 - Dec. 21. Do whatever it takes to stay on good terms with partners and loved ones. Show them what tranquility looks like.

Capricorn | Dec. 22 - Jan 20. Don't just assume that other people are telling the truth – check their facts and figures.

Aquarius | Jan. 21 - Feb 18. You will accomplish a lot on your own today but you will accomplish so much more if you make an effort to be a team player.

Pisces | Feb. 19 - March 20. You seem to be negotiating from a position of weakness at the moment and that means you are unlikely to get the best deal. What can you do to strengthen others' respect for you? SALLY BROMPTON

Caption Contest

"Good try, but you're supposed to go UNDER the limbo stick!"
Liz

MARTIN MEISSNER/THE ASSOCIATED PRESS

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*Limited time finance offer available through Volkswagen Finance, on approved credit, on select new vehicles. MSRP of $15,875/$19,975/$23,975/$27,875 for a new and unregistered 2012 Jetta 2.0L / 2012 Golf 3-door 2.5L / 2012 Passat 2.5L / 2012 Tiguan 2.0T base model with 5-speed/5-speed/5-speed/6-speed manual transmission. Price excludes $1,365/$1,365/$1,365/$1,580 freight and PDI, $29 EHF (tires), $100 air conditioning levy, if applicable, $5 OMVIC fee, $46 PPSA fee, and up to $499 dealer administrative fee. Financed at 0% APR for 36 months equals $478.89/$592.78/$703.89/$818.19 per month. Monthly payment finance example includes freight and PDI (with base MSRP of $15,875/$19,975/$23,975/$27,875) only. Government levies, OMVIC fee, dealer administration fee and PPSA fee may be financed (on approved credit) or may be paid at signing. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $0 for a total obligation of $15,875/$19,975/$23,975/$27,875. License, insurance, registration, options, TFFC, if applicable, and other applicable taxes are extra. **Offer of $400/$400/$500/$500 applicable on purchase financing (through Volkswagen Finance, on approved credit) of select new and unregistered 2012 Jetta/Golf/Passat/Tiguan models. Certain conditions apply (TDI Clean Diesel, Golf R, Golf GTI and Jetta GLI models excluded). Dealer may sell for less. Dealer order/trade may be necessary. Offers end May 31, 2012 and are subject to change or cancellation without notice. 2012 Jetta Highline 2.5L as shown is $24,875. 2012 Golf 3-door Sportline 2.5L as shown is $24,250. 2012 Passat Highline 2.5L as shown is $31,475. 2012 Tiguan 2.0T with Sport Package as shown is $40,275. Certain options and accessories may be extra. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta", "Golf", "Passat" and "Tiguan" are registered trademarks of Volkswagen AG. Motor Trend® Magazine is a registered trademark of Source Interlink Magazines, LLC.

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